

Good Things

Dining out • Entertaining at home • Travel & culture

The Best of British issue

Featuring

- Afternoon tea with The W.I.
- The country's finest venues
- Trifle: back & even better
- Fresh takes on British classics
- Christopher Biggins: A national treasure at our table

Fig & custard cobnut tartlets

Guest Edited by

Andy Needham
of L'Amorosa

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+

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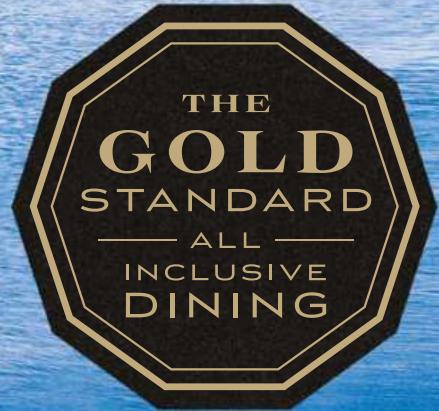




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Dining Experiences

If you love fine food, it's a safe bet that you're similarly enamoured with shopping for epicurean delights at the nation's best emporiums. Cool customer Thomas Hobbs goes behind the scenes at Partridges Food Hall – a Chelsea institution beloved by local residents and A-list celebrities alike.

Entertaining

In an issue celebrating the best of British, it seemed only apt for us to recruit four of the country's brightest culinary talents to create a dinner party menu that will knock your guests' socks off whilst allowing you to keep every ounce of your cool in the kitchen. Get cooking, and expect rave reviews.



Welcome to Good Things September

For many of you, September means renewal – and it's no different for us at *Good Things*. We've spent summer masterminding a fresh new look to better showcase even more of the features, recipes and personalities you love.

Speaking of fresh starts, *Good Things* has linked up with Beyond Food Foundation to further the work of the charity which helps the homeless and vulnerable into new careers as chefs. In this issue, we introduce the organisation's work – look out for much more to come in the future.

This month, we're singing the praises of the country's culinary landscape, celebrating the 'Best of British'. Starting with Welsh lamb dishes from Guest Editor Andy Needham and chef Stephen Terry, we've got over fifty fantastic recipes in this issue – from show-stopping roasts to a four-course seasonal supper brought to our table by top chefs. If fine dining excites you, then you'll love actor Christopher Biggins's restaurant tips and our behind-the-scenes look at London stalwart, L'Escargot.

The Women's Institute marks its centenary this month, and to celebrate the ever-evolving, female-led and very modern organisation, we're sharing a scrumptious afternoon tea menu. Choose to accompany it with a brew, or one of the surprising British spirits in our countrywide guide – we have an inkling that many of today's members would opt for the latter!

In terms of travel, we're introducing you to the nation's most architecturally-striking art galleries. Of course, we've gone far further afield too; checking out Bauhaus design culture in Tel Aviv, meeting Sweden's culinary superstars, and finding out where to spend aperitivo hour in Bologna so we can share our top tips.

However you're spending September, enjoy the issue – and make the most of autumn's edible bounty!

Team Good Things

Travel & Culture

There's no better way to get under the skin of a place than by touring it with a local. In this issue, allow ex-resident Uri Bram to take you by the hand and introduce to you his Tel Aviv – a vibrant city that bursts with human warmth, must-visit venues, stunning classic architecture, and great food.



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Guest Editor
Andy Needham

Last issue's Guest Editor, Shoreditch House's Michele Nargi, nominated Andy as his heir. Continuing the chain, Andy explains why he's passing the baton to Stephen Terry for October. He also shows us his signature dish, and recommends Smokehouse Chiswick in The Guest Edit.

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Glynn Purnell

The 'yummy Brummie' serves up a tasty duck dish

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Mark Sargeant

The chef shares a sweet treat from Morden & Lea

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Good Things

Featuring

September



Brian Clivaz
We lunch with the legendary restaurateur at Soho's L'Escargot



Graham Long
We meet and eat with The Chancery's Executive Chef



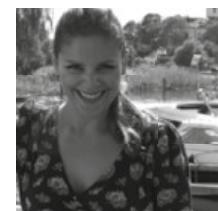
Christopher Biggins
The actor reveals his top tables for any occasion



James Sommerin
Proud Welshman James dishes up a fish course



Dan Doherty
Our former Guest Editor shares a starter for our Best of British feast



Leila Lindholm
Sweden's own Nigella makes our trip warmer



Mary Gwynn
Our WI tea menu comes courtesy of the food writer



Niklas Ekstedt
The flame-led Swedish chef gets all fired up about food



Stephen Terry
October's Guest Editor celebrates Welsh lamb

Good Things

MEET THE TEAM

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by Chef Michele Nargi

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New Covent Garden Market | Nom Living nomliving.com

Not On The High Street notonthehighstreet.com

Selfridges selfridges.com

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All the Good Things

As autumn gets underway, we harvest the best of September
- from gardening tips to the finest food events

Growing your own fruit and vegetables can be as satisfying as it is tasty

September gardening tips for green-fingered gourmets

Jo Jo Yee, 'The Big Allotment Challenge' finalist and founder of food-and-gardening blog Fusian Living (fusianliving.com), says...



Green-fingered blogger Jo Jo Yee shares seasonal gardening hints

Do If you have a fig tree, gather ripe fruits when they're soft and start to droop down.

Eat Serve warm grilled figs with gorgonzola and drizzle with honey, or dehydrate them.

Do Plan a blackberry-foraging trip to the countryside - choose fat, juicy specimens to use in crumbles and sweet pies.

Eat Layer meringue, whipped cream, lemon curd and fresh berries for a 'blackberry mess'.



Colour of the month

For our 'Best of British' issue, in a month celebrating British Food Fortnight, there could be no colour more apt than British Racing Green (Pantone 3435C) – the colour of classic cars, countrywear, and elegant estates

Shop Kale – still trendy, especially delicious right now

Cook Pesto with Hampshire watercress, Kentish cobnuts, and British rapeseed oil and parmesan-style cheese

Indulge Chococo's watercress gin-infused Twisted Nose truffles

Give A headily-fragrant seasonal herb bouquet

Sip A G&T with the former poured from a classic, deep-green bottle of Gordon's gin

Do Bring chilli plants indoors to prolong fruiting, and try using unripe green ones in the kitchen.

Eat Pound green chillies, coriander and mint together with lime juice for an Indian chutney.

Do If you grow pumpkins, remove larger leaves that are shadowing them to allow ripening.

Eat Perfect your spiced pumpkin pie ahead of Halloween next month and make any dinner party dessert all treat and no trick.

"Pound green chillies, coriander and mint together with lime for an Indian chutney"

The Agenda



An artistic dish from Mark Hix's six-course tasting menu at Brown's Hotel

Now

SHOP SMART

This month, participate in the Organic Trade Board's #ThriftyOrganic challenge and help to prove that 'organic' doesn't have to equal 'overpriced'. Simply spend what you would on your usual shop on organic ingredients and share the results on social media – the best tagged posts stand to win some brilliant prizes.

organicukfood.com



Next

GET YOUR BAKE ON

If the *Great British Bake Off* has inspired you to get your own bake on, head to the Big Thame Bake on 26th September, where cookery writer Jane Hornby will host a packed programme of cake-and-bake-related activities. Fancy being named Star Baker? Take along your own efforts to enter one of the competitions.

thamefoodfestival.co.uk



Later

GO WILD

From 28th September to 4th October, HIX Mayfair at Brown's Hotel will celebrate the season's abundance with a host of wild food events. Try Mark Hix's six-course tasting menu or a Wild Afternoon Tea, enjoy a nature-inspired treatment in the hotel's spa, and visit the Wild Food Market on 30th September.

roccofortehotels.com



What's On!

5-6th Sept
Grillstock, London
grillstock.co.uk



10-20th Sept
Manchester Food & Drink Festival
foodanddrinkfestival.com

11-13th Sept
Ludlow Food Festival
foodanddrinkfestival.com

18-27th Sept
York Food Festival
yorkfoodfestival.com

19-20th Sept
Fiery Food Festival, Brighton
fieryfoodsuk.co.uk



19-20th Sept
Hastings Seafood & Wine Festival
hastings.gov.uk

24-27th Sept
Galway Oyster Festival
galwayoysterfestival.com

25-27th Sept
Great Cornish Food Festival
greatcornishfood.co.uk

26-27th Sept
Aldeburgh Food Festival
aldeburghfoodanddrink.co.uk



27th Sept
Fare Healthy, London
twitter.com/farehealthy

The modern Sunday lunch menu



Bagna cauda with crudités



Ribeye steak with wasabi



Fregola and bottarga



Pear and pecan tart

Food Chain

Our ninth Guest Editor Andy Needham talks to Zoe Perrett about a long friendship with Stephen Terry - and reveals that his fellow chef's food is 'not too bad'



Twenty years ago when they first met, *Good Things*' Guest Editor Andy Needham and Stephen Terry were hovering on the edge of the big time; both in chef roles on the very rapidly-evolving London restaurant scene. All those years later, they remain firm friends – and Andy has nothing but respect for his peer's craft and admirable attitude to the industry.



Claudi Pulze was responsible for connecting Terry (above) and Needham

Andy on Stephen Terry, Chef-Patron of The Hardwick in Wales

I have known Stephen for around two decades now – a long time! Back in 1995, I was on the cusp of opening Zafferano in Belgravia for Giorgio Locatelli, Gordon Ramsay had just opened Aubergine over in Chelsea, and Stephen was the Head Chef at The Canteen, working with Marco Pierre White.

In those days, we were all pretty insular – so busy in our own respective kitchens that we could barely think of a life outside those four walls and didn't have much of a clue what everyone else was up to. The man who connected all of us was Claudio Pulze, a restaurateur with great vision for a new restaurant scene. We were all chosen to be a part of it.

Like Stephen, I have a classical French training, but over the years,



“Today’s restaurant scene is a better place thanks to restaurateurs like Stephen setting a great example of how we can all help each other out now and again”



Andy's Top five UK restaurants

1. Augustus, Somerset augustustaunton.co.uk
2. Le Manoir aux Quat'Saisons Oxfordshire raymondblanc.com
3. Locanda Locatelli locandalocatelli.com
4. Smokehouse Chiswick smokehouseislington.co.uk
5. The Sportsman, Kent thesportsmanseasalter.co.uk

used that discipline and applied it to less 'Michelin-orientated' Mediterranean cuisine. We share the ideal of treating produce well and allowing it to be the star of the show.

Stephen made a very bold move in leaving the London restaurant scene to set up in Wales, but, happily, the change has seen him continue his success. I really admire Stephen for his wide-reaching respect; both for the suppliers who provide him with great ingredients and everyone else around him.

Be it staff or family, customers or suppliers, we are only as good as the people around us – and Stephen was one of the first chefs to say this type of thing. Today, the restaurant scene is a better place thanks to restaurateurs like him setting a great example of how we can all help each other out now and again. And his cooking is not too bad, either. (Only joking, Stephen...it's delicious!)

All hail The Hardwick

You'd expect very good things indeed from a restaurant hailed by Michel Roux Jr. as 'My favourite Welsh restaurant', rated 23rd of the Top 100 UK dining venues in the 2014 National Restaurant Awards – and you'd be right to. At The Hardwick, Chef-Patron Stephen Terry conjures up meals of the calibre many might feel is the exclusive preserve of London dining rooms, making much of the produce sourced from his local and highly-valued suppliers.

Stephen's dedication to both his cuisine and his compatriots comes from a long career spent working alongside the best in the British restaurant business; from early mentor Marco Pierre White to Michel Roux Jr.; Nick Nairn to Oliver Peyton. After work in France and travel in Australia and America, some stellar cooking at The Walnut Tree in Abergavenny earned the chef a Michelin star in 2002, but the bright lights of London called afresh, and a spell at Cecconi's ensued. In 2005, Stephen's current restaurant came about rather serendipitously, when the chef spotted a pub for sale en route from South Wales to Wiltshire's Pear Tree Inn, where he was consulting. A lot of hard work turned The Hardwick from notional to functional in just a month, and once again, Stephen was cooking up a storm in Abergavenny. The rest, as the famous proverb has it, is history.

Eat, sleep, wake, repeat

If you're loathe to leave The Hardwick's cocooning embrace, fear not: simply step across the courtyard to discover onsite lodgings of the five-star, all mod-cons variety. There are definitely worse ways to spend a morning than waking up to a Full Welsh breakfast.

Andy's Top five international restaurants

1. Balthazar, New York balthazarny.com
2. Da Cesare, Alba cesaregiaccone.it
3. Ibai, San Sebastian +34 943 42 87 64
4. Septime, Paris septime-charonne.fr
5. Ten Minutes by Tractor, Mornington Peninsula, Australia tenminutesbytractor.com.au





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PHOTOGRAPHED
By Good Things

Stephen Terry's Slow-roasted shoulder of salt marsh lamb with deep-fried polenta, green beans, anchovy mayonnaise and tomato fondue

SERVES 6-8

Ingredients

FOR THE LAMB:

- 1 x 2kg lamb shoulder, boned, rolled and tied
- 1l water

FOR THE MAYONNAISE:

- 50g good-quality mayonnaise
- ½ a small tin of salted anchovies
- 25ml hot water
- 50ml Welsh extra virgin rapeseed oil

FOR THE TOMATO FONDUE:

- 100ml extra virgin olive oil
- 1 red onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 stick of celery, finely diced
- 1 large red chilli, deseeded and finely chopped
- 500g good-quality plum tomatoes, quartered
- salt, to taste

FOR THE DEEP-FRIED POLENTA:

- oil, for deep-frying
- 1 block good-quality pre-cooked polenta, sliced into 6-8 pieces
- flour, for coating the polenta
- sea salt

FOR THE GREEN BEANS:

- 250g green beans, topped and tailed

Method

Preheat oven to 140C.

For the lamb, place the meat in a roasting tray with the water. Cover with parchment paper and foil, and seal tightly around the edges. Cook in the oven for 4 hours, then remove from the oven, cool for 30 minutes, and refrigerate. Strain and reserve the cooking juices.

For the mayonnaise, blend together the mayonnaise, anchovies and water. Slowly add the rapeseed oil to yield a pourable sauce, then reserve.

For the tomato fondue, heat the olive oil in a saucepan set over low heat. Add the onion, garlic, celery, and chilli, and soften for 5 minutes. Add the tomatoes and a pinch of salt and cover with a lid. Cook for approximately 45 minutes until fairly thick.

To assemble, preheat the oven to 160C. Cut the reserved lamb into portions and reheat in a baking dish with the cooking juices until the meat registers 70C on a thermometer. Rest the lamb whilst reducing the remaining juices to a gravy in a small saucepan.

Heat oil for deep-frying to 180C. Toss the polenta slices in flour. Deep-fry until golden, drain on kitchen paper and season with salt.

Cook the green beans until just soft, drain, and toss them in the reserved mayonnaise.

Serve the lamb with the polenta, tomato fondue, and green beans, sauced with gravy.

**Recipe courtesy of Stephen Terry,
Chef-Patron of The Hardwick
thehardwick.co.uk**

The effort invested to make this dish pays dividends in the eating

Andy Needham's Fresh egg pappardelle with Welsh salt marsh lamb shoulder ragu

SERVES 4

Ingredients

FOR THE RAGU:

- 1 tbsp olive oil
- 250g Welsh salt marsh lamb shoulder, deboned and diced
- 1 small red onion, finely chopped
- ½ a stalk of celery, finely chopped
- 1 sprig of rosemary, finely chopped
- 250g canned peeled plum tomatoes
- 1l chicken stock
- salt and pepper, to taste

FOR THE DISH:

- 8 tbsp lamb ragu (see above)
- 400g fresh egg pappardelle
- a good handful of grated parmesan
- 50g flat-leaf parsley, finely chopped
- salt and pepper, to taste
- good-quality extra virgin olive oil

Method

For the ragu, preheat the oven to 160C. Heat the oil in a large saucepan set over high heat and sear the lamb until well-coloured. Remove from the pan to a plate, add the onion, celery and rosemary, and quickly fry off. Return the lamb to the pan together with the tomatoes and chicken stock, then season to taste.

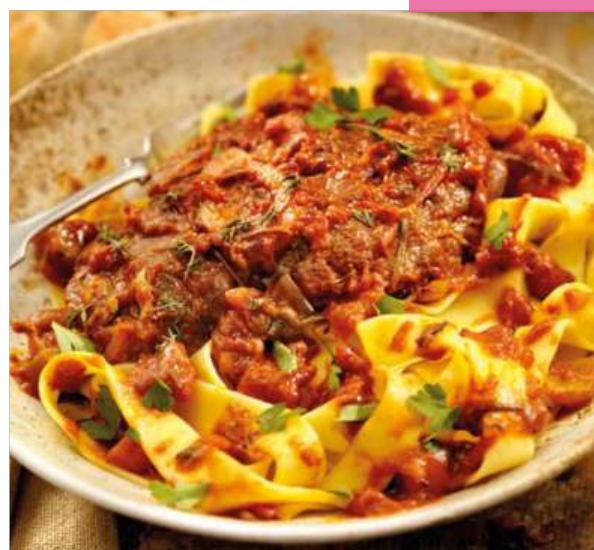
Cover the pan with a double layer of aluminium foil and cook in the oven for 3½-4 hours. When the ragu is cooked and the lamb is falling apart, gently break down the meat until all the ingredients are well-combined. If you're not going to eat it straight away, quickly cool the ragu by plunging the pan into a large bowl of iced water before refrigerating until required.

For the dish, bring a large pan of well-salted water to the boil and cook the pasta to packet instructions. Meanwhile, if using cold ragu, warm it up in a pan set over low heat, loosening with a little of the pasta water.

Drain the cooked pasta, reserving a little of the water, and add the pasta to the ragu. Toss together for 1 minute – if the sauce looks dry, add a little of the pasta water. Add the parmesan and parsley, and season.

To serve, toss with a drizzle of olive oil. Divide amongst warm serving plates and generously sprinkle with more parmesan. Serve immediately.

**Recipe courtesy of Andy Needham,
Chef-Patron of L'Amorosa
lamorosa.co.uk**





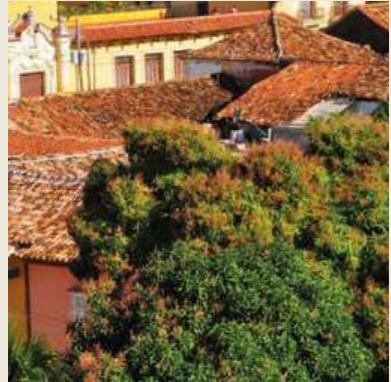
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30

Meet Michelin-tipped
chef Graham Long

The young talent creating brilliant
plates at London's
The Chancery

Good Things Dining Experiences

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We book a table and find out if the
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The Ultimate
Classics

Where to eat quintessential
British meals... & how to
make them

GoodThings

Restaurant of the month

THE WOLSELEY

This month, we asked a celebrity almost as notorious for his discerning dining habits as for his considerable acting talent to share his personal restaurant recommendations. Christopher Biggins came through with a slew of impeccable suggestions, including The Wolseley – a refined venue that's both atmospheric and endlessly welcoming. For more tasty tip-offs, turn to page 34.





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Anatomy of a dish

Wild seabass carpaccio with watermelon & rocket

'Amorosa's Chef-Patron and *Good Things* Guest Editor Andy Needham describes his approach to cooking thus; 'I try to devise dishes that make the very best of the qualities of my ingredients. This dish has few components, but I think that the balance of flavour is just right.'

1. Wild seabass

Freshness is paramount, especially when serving fish raw. My supplier at Newlyn market, southwest Cornwall, guarantees this line-caught fish will be in my kitchen fewer than twenty four hours after he caught it. Being wild, the fish has done some work and earned extra flavour. We fillet it, very gently flatten it between plastic sheets with a rolling pin, season it with Maldon sea salt and black pepper, then 'cook' it in lemon juice and light Ligurian oil made from Taggiasca olives.

2. Watermelon

This ingredient sells itself; what power it can have on people! Here, the fruit's flavour cuts through the richness of the fish. It brings sweetness, a little bit of acidity and a flash of colour – as well as the element of water back to the fish. We remove the dark seeds and cut it very thin – as thin as the fish, in fact.

3. Radishes

Another refreshing ingredient, these impart, along with the rocket leaves, a peppery character to the dish. In my experience, Italians don't use very much ground pepper, so radishes and rocket are, in effect, giving a similar heat.

4. Dressing

This is formed of diced chives, smaller pieces of watermelon, and a touch of sweet vinegar - *condimento morbido*, which is made with concentrated grape juice and vinegar, contributing an *agrodolce* (sweet and sour) profile.

5. Lemon wedge

This is a nod to what's cooking the fish... although I hope the customer tastes the dish as it is before squeezing it on.

Eat what you've eyed:

Wild sea bass carpaccio with watermelon and rocket (£15)

Pair with: Pinot Bianco from Alto Adige 'Lepus', Franz Haas 2013, £42 per bottle
L'Amorosa, 278 King St, London W6 9NH
0208 563 0300. lamorosa.co.uk

The perfect
combo: sweet
fruit, peppery
leaves and
delicate fish



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Dining Experiences

'Dude food' has taken London by storm in the past few years, creating queues of hungry and agitated young males waiting in line for whatever platter of sauce-smothered barbequed meat they've been eyeing up with their mates. But when the concept is evolved into something a little more imaginative, its appeal broadens to include more distinguished palates. Enter Smokehouse and its chef Neil Rankin; maker of some of the finest pulled pork known to man in his former role of head chef at Pitt Cue Co. From the same family as The Princess of Shoreditch, Chiswick's Smokehouse is the second to open in London, its menu riffing off the Canonbury original.

Venue

Smokehouse is a pleasant surprise. Having fallen victim to the dubious charm of many an 'American-style' barbeque joint in London, it's refreshing to observe the difference in décor and atmosphere here. There are no long sharing tables or plastic chairs. Instead, an old pub, erected in the early twentieth century has been decked out with a dark wood interior, wall-mounted antlers and leather wingback chairs; creating a country-house feel that's not at all out of place in Chiswick. Split into three distinct areas, Smokehouse boasts a main dining area that opens up to a paved terrace and lawn, and a darkly-inviting whisky room complete with open fireplace.

Food and Drink

Don't expect the usual 'barbeque joint by numbers' fare. Smokehouse is so much more than just ribs and pulled



The dining room at Smokehouse still harbours traditional pub-like stylings



- Average cost of a meal for two with a bottle of wine: £100
- 12 Sutton Lane North London W4 4LD
- 020 3819 6066

smokehouseislington.co.uk

Smokehouse

Good Things' Guest Editor Andy Needham sings the praises of Chiswick's newly-opened outpost of Smokehouse – but was Andre Jackson's own verdict in harmony?

pork. A mighty 'Ole Hickory Pit Smoker' and Robata grill process the lion's share of the menu, including a lamb shoulder (£17) slow-cooked into exhausted submission and paired well with polenta and *sambal*. There are also various daily specials - on this occasion, lashings of tender pork loin from a freshly-cooked spit roast pig served in amounts of your choosing; I opted for a well-judged 390g, served with fries and romaine lettuce (£24). For dessert, the 'Double D' tart (£6.50) refers not to a bra size, but to a wonderful pie whose muse is Cadbury's Double Decker chocolate bar. A whisky room wouldn't be complete without an impressive list of said



Guest Editor
Andy
Needham

tipple, and after an exploration of some of the hundred-plus examples on the menu, you may well find yourself wishing that room had a bed in it.

The Verdict

A fine example of what can be done with the simple tools of fire and grill. A classy take on American-style barbecue cuisine that doesn't leave you sticky-fingered and with an overpowering sense of guilt. Smokehouse, consider yourself warmly welcomed to West London.

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from Waitrose or online at www.thespiritcellar.com.





Team favourites Bibendum

When Andre Jackson discovered he shared a love for Bibendum with Good Things' Guest Editor Andy Needham, he decided it was time to check out the revered London venue afresh

If I told you that one of London's most visually-impressive dining venues could be found in the old HQ of a tyre company, you'd probably think I was referring to a warehouse in Shoreditch. Well, you couldn't be more wrong. Bibendum opened in 1987, showcasing the diverse talents of designer/restaurateur Sir Terence Conran, the late publisher and philanthropist Paul Hamlyn, and chef Simon Hopkinson, who has now passed the baton to Peter Robinson. Yet despite its age, the restaurant and its newly refurbished oyster bar remains just as impressive as when doors first opened over a quarter of a century ago.

Venue

Bibendum is amongst the select number of *Good Things* Team Favourites where the venue inspires just as much awe as the menu. Blue letters spell out the word 'Michelin', the company for which it was built as a tyre depot in 1911, and it still oozes a level of glamour that you wouldn't associate with a modern-day tyre HQ (they don't make them like they used to). The building is an Art Nouveau masterpiece, from its stunning outer architecture and hand-painted tiling to the floor mosaics and stained glass windows that depict the proto Michelin Man taking on a number of activities. The remnants of the old tyre depot still remain in the rather cavernous oyster bar on the ground floor, but the main dining area upstairs feels as though it was made for a restaurant. It's hard to concentrate on your food in such truly magnificent surroundings.

Food and Drink

True luxury should mean refining simple things until they can scarcely be improved upon. In creating such an enticing amalgamation of comfort food and French classics, Bibendum has done just that. The menu is laced with tightly-honed classics like escargots (£21) steak tartare (£21) and a beautifully fresh-dressed Cornish crab (£15). For those who prefer to venture more widely, fillet steak *au poivre* (£32) and *tranche* of turbot with *Béarnaise* (£34) are as gastronomically-impressive as the price tags would suggest. Not forgetting that 'nunc est Bibendum' translates as 'now is the time to



More seafood than we knew what to do with at Bibendum

drink', the restaurant offers a regionally-divided wine list containing some gems from Spain, Italy and France.

The Verdict

A triumph of classic continuity; perfectly blending unique surroundings with consistent cooking, lashings of character, deft service, and enduring class. Bibendum has earned its place at the top table of London dining.

- Average cost of a meal for two with a bottle of wine: £150
- Michelin House
81 Fulham Road
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- bibendum.co.uk



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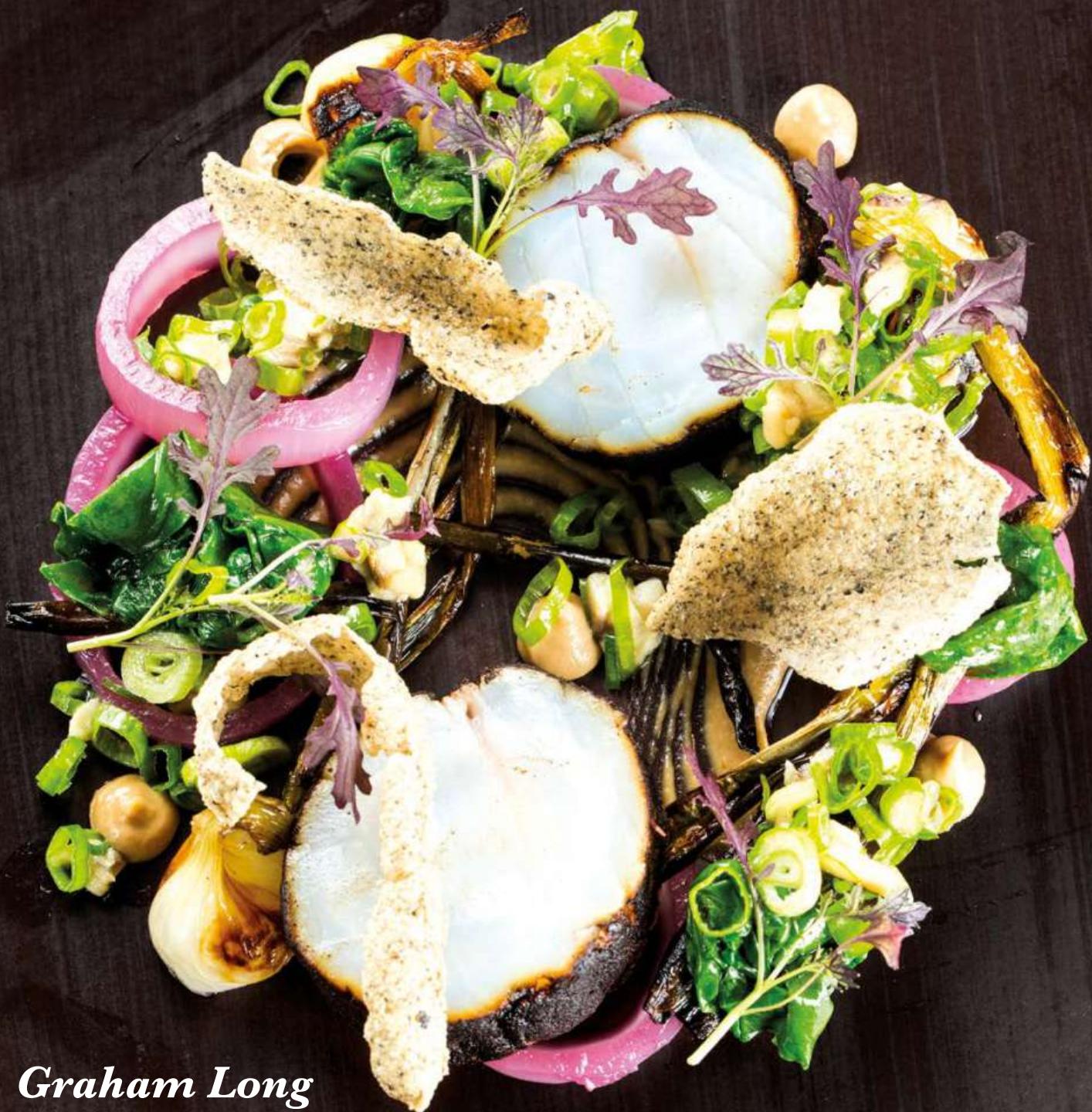
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Graham Long
MY LIFE ON A PLATE

Graham Long has made short work of getting The Chancery on the map as a smart yet refreshingly pomp-free venue where 'fine dining' simply means excellent food in welcoming surrounds. Zoe Perrett settles in



Graham Long's food first hit my plate and made my jaw drop at a Chablis dinner held at The Chancery, the London restaurant where he commands the kitchen. Despite the many, many elements on each pretty-as-a-picture plate, each mouthful made sense. Across multiple courses, myriad flavours were consistently coherent; flattering, not fighting. And the feast was one for the aesthetically-inclined. The common cliché of the plate as a chef's canvas rings true where Graham is involved, with heavy emphasis on colour and texture in

assemblies which make even jaded critics gasp, not groan.

The Chancery is Long's first solo role, although he's been standing the heat in the kitchen as a chef since the age of eighteen; his career encompassing stints with Gordon Ramsay and Mark Sargeant and at Pied à Terre, with Shane Osborn and David Moore.

You could comfortably class The Chancery as a 'fine dining' restaurant, but it's more relaxed than that label suggests, boasting a too-rare neighbourhood feel further fostered by its chef's reliable and eye-opening cuisine.

Good Things Your ethos at

The Chancery is very much 'produce-led' – do you seek specific ingredients or let suppliers take the initiative?

GL I have great relationships with my suppliers and talk to them pretty much daily. Due to the British weather, you never quite know about supposedly seasonal produce! So it's best to speak to the guys who deal with the growers and markets about what's best at what time.

GT The British food scene is in great shape both regarding raw ingredients and specialties like cheese and charcuterie - are there any specific producers and items you'd like to highlight?

GL Our all-British cheeseboard uses Neal's Yard Dairy cheeses, sourced from individual farms and dairies. It's nice to support our small-scale agriculture and showcase these people's skills and passion.

GT 'Local', 'sustainable', and 'seasonal' are merit-worthy buzzwords often trotted out across the food industry – but why are those things so important to you?

GL Although 'local' is quite difficult in London, we try and source as

much as we can from Southeast England, reducing transport time and yielding a fresher, better product for our customers.

Sustainability is important, and ties in with seasonality, which shapes your menu. In terms of both cost and support of agriculture and farming practices, it pays to use what is plentiful and in season – especially where fish is concerned. It's important not to use fish species that are spawning, as doing so prevents the next generation even being born, let alone reaching the size and quality we want to serve to our customers!

GT Your dishes feature eclectic ingredients

from around the world - when you can't source something from the UK, how do you ensure you're still getting the best-quality produce?

GL London's eclecticism is great for us chefs as there is always something new to discover and experiment with. More exotic ingredients have long been a part of our food culture, so it's often possible to source spices, sauces and other ingredients that enhance the broadly 'British' food scene – and the quality of imports is



The Chancery's private dining room is a triumph of minimal elegance

ever-improving. Anything we can't get hold of here comes from the Rungis market in Paris.

GT You spent two years at St. Betty in Hong Kong - did the country leave an influence on your cooking or mentality about food?

GL Definitely. The food culture is very different, and the cooking methods fascinated me. The variety and intricacy of Chinese cooking is vast and I barely scratched the surface. We try Asian cooking techniques with Western ingredients, marinades and spice rubs. It's great fun seeing the results, and it brings a new perspective to how we do things at The Chancery.

GT What seasonal foods are you most looking forward to this autumn? Any teasers on how you'll use them; or indeed tips on how home cooks can do so?

GL Early autumn is great - the first new-season beets, great carrots and root veg come through and we can start bringing in more hearty options and deeper flavours. Cep and game



Salad of heirloom carrots, radicchio, crème fraîche, black quinoa and coriander

SERVES 4-6

Ingredients

FOR THE PICKLED RADICCHIO:

- leaves from 1 head of radicchio
- 70ml balsamic vinegar
- 50g icing sugar
- salt, to taste

FOR THE PICKLED CARROTS:

- 100ml white wine
- 75ml white wine vinegar
- 1 sprig of thyme
- 1 bay leaf
- 5 white peppercorns
- 100ml water
- 25g sugar
- salt
- 2 large carrots, peeled and finely sliced

FOR THE CARROT REDUCTION:

- 300ml carrot juice
- 100ml sherry vinegar
- 30g sugar

FOR THE SALT-BAKED CARROTS:

- 500g plain flour
- 50g salt
- water, to bind
- 5 large mixed-colour carrots, cleaned

FOR THE CRISP BLACK QUINOA:

- 30g black quinoa, cooked and dried
- vegetable oil, to deep-fry
- salt, to taste

TO SERVE:

- flaky sea salt, to taste
- a little olive oil
- 4-6 tbsp crème fraîche
- coriander leaves or microgreens

Method

For the radicchio, place the leaves in a bowl, breaking any big ones up. Dress with the balsamic and icing sugar, and lightly season. Cover the bowl and leave to marinade for at least 20 minutes, until softened.

For the pickled carrots, set a pan over medium heat. Reduce the white wine, vinegar, herbs, and peppercorns to half the original volume. Add remaining ingredients except the carrots and reduce by half again. Add the carrots and cook for 2 minutes.

For the carrot reduction, combine all ingredients in a pan and reduce over medium heat until syrupy. Strain through a fine sieve and transfer to a fine-tipped squeezy bottle. Reserve until required.

For the baked carrots, combine the flour and salt, slowly adding water to yield a smooth dough. Preheat the oven to 160C. Roll out the dough thinly and use to wrap each carrot individually. Seal well and cook on a tray for around 45 minutes. Cool, then remove and discard the crust. Cut into bite-sized pieces.

For the quinoa, heat oil for deep-frying to 190C in a large, deep pan. Add the dried cooked quinoa, and fry, stirring constantly, for 10 minutes or until crisp. Strain, then drain on kitchen paper. Season and reserve.

To serve, dress the carrots with sea salt and oil and warm gently in the oven. Plate, followed by the radicchio and rolled strips of pickle carrot. To each serving, add a quenelle of crème fraîche, some crisp quinoa, coriander and a drizzle of carrot reduction, and serve immediately.

A fine example of colour and presentation on a plate at The Chancery



GT
COOKED &
PHOTOGRAPHED
By Good Things

Chocolate peanut butter tart

SERVES 10-12

Ingredients

FOR THE BASE:

- 150g digestive biscuits, crushed
- 50g smooth peanut butter
- 50g unsalted butter

FOR THE FILLING:

- 100ml full-fat milk
- 400ml double cream
- 400g good-quality milk chocolate, grated
- 100g good-quality dark chocolate, grated
- 3 large eggs, beaten
- 1 egg yolk

Method

Place the biscuit crumbs in a bowl. Melt the butter and peanut butter together over low heat, stir into the crumbs, and allow to cool. Use the mixture to fill the bottom of a deep, 10-inch pastry ring set on a flat, greaseproof paper-lined tray, pressing down until smooth and sealed at the edges. Refrigerate.

For the filling, preheat the oven to 95C and place the chocolate in a large bowl. In a large saucepan, bring the milk and cream to the boil. Pour over the chocolate and stir until smooth and slightly cooled. Add the eggs and egg yolk and mix well.

Place the chilled tart shell on its tray in the oven, then slowly and carefully pour in the filling. Cook for 35-40 minutes or until it retains a slight wobble when moved, then cool to room temperature.

To serve, run a knife around the edge of the pastry ring and lift away. Cut into slices with a sharp knife and serve immediately.

Monkfish, butter lettuce, smoked anchovy purée, roasted and pickled onions



Top-quality seasonal ingredients are imperative on Long's menus

SERVES 6

Ingredients

FOR THE DRESSING:

- 20ml lemon juice
- 30ml white balsamic vinegar
- 120ml lemon oil
- a pinch of salt

FOR THE ONION SEED RICE CRACKERS:

- 50g Basmati rice
- 1 tsp black onion seeds, toasted
- oil, for deep-frying

FOR THE CURED MONKFISH:

- 6 x 120g skinless monkfish fillets
- 80g rock salt

FOR THE SHALLOT AND SMOKED ANCHOVY PURÉE:

- 75g butter
- 10 large banana shallots, finely sliced
- 100ml water
- 50ml single cream
- 30g smoked anchovies

FOR THE ROASTED GRELOTS:

- 12 large Grelot onions, peeled
- 2 cloves garlic, chopped
- 3 sprigs thyme, leaves picked
- salt and pepper, to taste
- a little extra virgin olive oil

FOR THE PICKLED ONIONS:

- 75ml red wine
- 25ml red wine vinegar
- 20g sugar
- 3 medium Roscoff onions, peeled and sliced into 5mm-thick disks

TO SERVE:

- leaves from 1 round lettuce, dressed with lemon oil and salt
- 30g spring onions, finely sliced
- 25g marinated white anchovies, diced

Method

Whisk together the dressing ingredients and reserve until required.

For the rice crackers, boil the rice in salted water until overcooked, very soft, and quite dry. Blitz the rice and onion seeds to a thick custard-like paste. Spread very thinly on a lined baking tray and dry in a very low oven until crisp and brittle. Reserve.

For the cured monkfish, place the fillets in a tray, cover with the rock salt, and refrigerate for 20 minutes. Wash off the excess salt and wrap each fillet tightly in clingfilm to form a sausage shape. Refrigerate until required.

For the purée, heat the butter in a pan set over medium heat, add the shallots, and sweat down until golden and starting to caramelise.

Add the water and cream, stir to deglaze, and continue to cook until the shallots are meltingly soft. Blend the shallot mixture to a smooth purée with the anchovies, pass through a fine sieve, then transfer to a squeezy bottle and reserve.

For the roasted grelots, preheat the oven to 160C. Mix all ingredients, then divide in two and wrap each half in foil to create two parcels. Cook for 40 minutes or until soft, then allow to cool in the foil.

For the pickled onions, bring the wine, vinegar, and sugar to the boil in a saucepan, pour over the sliced onions, and reserve.

When ready to cook, deep-fry the rice crackers at 220C until puffed, then reserve on kitchen paper.

Unwrap the cured fish fillets. Set a non-stick pan on high heat until smoking hot and sear the fillets in a little oil for a minute on all four sides until caramelised but translucent in the centre. Rest in a warm place.

In the same pan, fry the roasted grelots over very high heat until slightly charred, then curl the tops and plate. Quickly and gently warm the pickled onions and dressed lettuce in the oven. Break the onions into rings and plate. Slice each monkfish fillet into three and plate, followed by the warm lettuce and dots of the purée. Add the spring onions and anchovies to the dressing and spoon over. Finish with the onion seed crackers, and serve.

All recipes courtesy of Graham Long, Executive Chef at [The Chancery thechancery.co.uk](http://TheChancery.co.uk)

seasons are exciting – the latter probably every chef's favorite time of year! Home cooks should keep an eye on what's new at local markets as prices will come down as the season progresses. Don't buy imported beans or strawberries when you can have great English produce – there are some great websites offering advice on seasonality, helping you eat well and support our farmers.

GT Being so closely connected to produce through your cooking, do you ever get your hands dirty with foraging?

GL We employ a forager to do the legwork! Unfortunately finding the time to get out of town and forage myself is pretty difficult. I bow to their expert knowledge and love seeing what they come back with and how I can use it in the kitchen.

GT If you had a day to educate a visitor on London's current food scene from an insider's perspective, which foodie haunts would you show them and why?

GL I would probably start at Borough Market; it has a great vibe. I'd tour Chinatown, have lunch at The Ledbury, then head out for a few cocktails and some street food from the scene that's exploded recently. It offers a great alternative to a formal dinner, yet the food is still made with care and great produce.

GT What's coming up at The Chancery and on your own personal agenda?

GL We are still a work in progress. There are big plans to improve the restaurant and change the way it looks slightly. In the kitchen, we're continually pushing forward and improving all the time. As a new, young team, it's always exciting to see how far -and where - we can take it. There is so much regeneration occurring around The Chancery's site – it's a great scene to be a part of, and hopefully we can continue to grow with it.

Little Black Book

Christopher Biggins

Forget waiting lists and hard-to-snare reservations: well-connected actor and gourmet Christopher Biggins can dine anywhere that takes his fancy. He reveals his favourite tables...

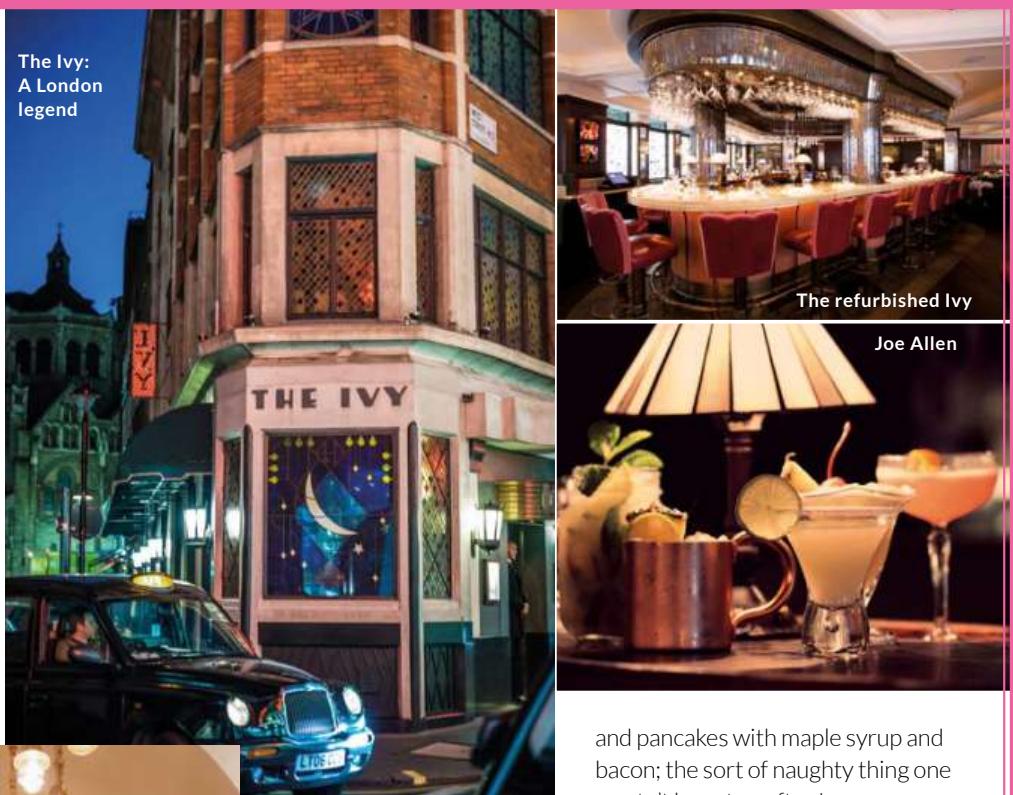


National treasure Biggins is a long-time star of stage and screen and a bit of a foodie. His cooking skills took him to the *Celebrity MasterChef* semi-final in 2014, and won him *Celebrity Come Dine With Me* in 2009. On eating out, he says, 'I'm a very lucky boy. I'm a regular at a handful of in-demand restaurants, and I know I can always ring up and get a table with no problem.'

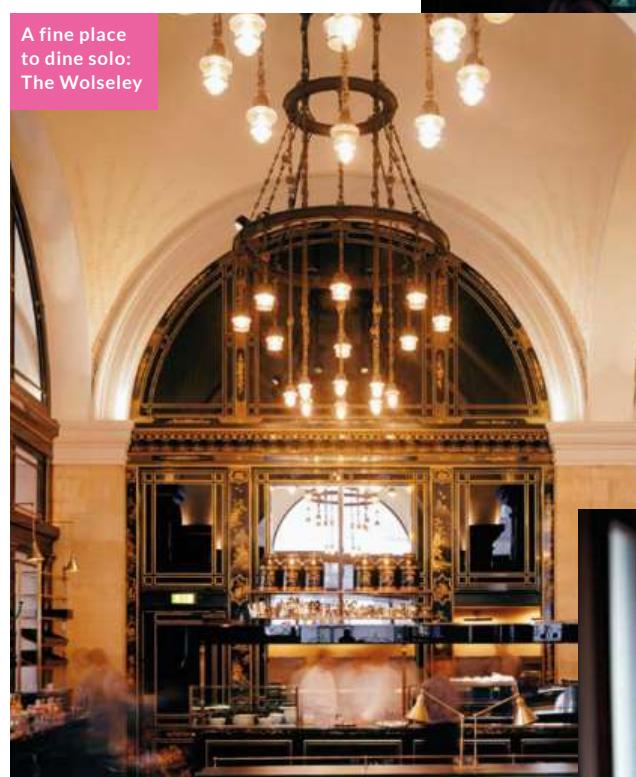
My most romantic dinner venue is the newly-refurbished Ivy. The food is delicious and it's even more glamorous than when Corbin & King were involved. It's very pretty, very romantic, and there's not a single bad table.

For a blow-out celebration, I'd visit Theatreland's Joe Allen. When it opened in 1977, my life changed. Until then, I'd thought of restaurants as merely places to eat, but it revealed to me a whole new social element to dining.

Weekend brunch with friends is a joy at The Delaunay, which has fantastic staff and serves until 5pm. I love the Eggs Benedict



A fine place to dine solo: The Wolseley



The Wolseley



The Delaunay: great brunches



The Delaunay

and pancakes with maple syrup and bacon; the sort of naughty thing one mustn't have too often!

Solo dining is often depressing and I always feel like Billy No Mates! But the one place that makes it bearable is The Wolseley. The team always give me a great table and plenty of newspapers, so I'm happy to pop in there for breakfast or afternoon tea - even dinner!

Cocktails at The Ritz's Rivoli Bar are a fine start to an evening. The hotel is one of my favourites, and its chic bar re-opened in 2001, designed by my good friend, Tessa Kennedy. It's sophisticated with an opulent late 1920s feel - a wonderful place.

Business meetings will often mean someone taking ME out for a meal – when I'm not paying, I never hesitate to suggest Scott's in Mayfair! I'm not at all miserly, but it is very expensive. But it's also very wonderful; as is the brilliant service.

Favourite British chef? For me, it's Marco Pierre White. I've known him for years - our relationship is based on dirty jokes. He has a very good sense of humour, is classy, and his food is sensational; just perfect.



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Good Things writer
Kavita sampled some of
Edinburgh's finest food

Eating Edinburgh

Haggis, tablet and whisky might be vital elements of Scotland's gastronomy, but the scope of the cuisine is far broader. Hungry to learn more, Kavita Favelle puts the country's 'Taste Our Best' scheme to the test

Scotland is blessed with a terrific natural larder – top-quality beef, poultry and dairy; an abundance of fresh fish and seafood; excellent wild game; and, of course, the national tipple, malted barley-based Scotch whisky. But like anywhere, it can be cheaper and easier for the hospitality and catering industry to purchase lower-quality produce, especially when focused on profit margins over provenance and quality.

When *Good Things* planned a short trip to Edinburgh, we were determined to try as much of that fabulous Scottish produce as possible. But, without long hours of research we knew that we might struggle to unearth the city's culinary gems.

We turned to the 'Taste Our Best' scheme for help. Established by national tourist organisation VisitScotland, Taste Our Best is a quality assurance scheme which champions hotels, restaurants, cafés and visitor attractions that not only offer high-quality eating and drinking experiences, but whose menus showcase fine Scottish produce.

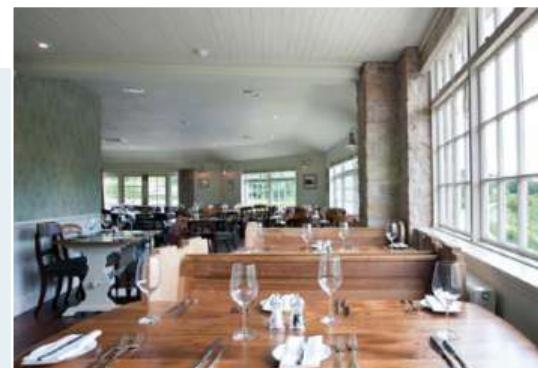
After trialling a host of Taste Our Best-accredited hotels, restaurants, and local attractions, we picked our favourites for your convenience.

Images by Kavita Favelle, Bridge Inn, Marc Miller & iStock



**Best for... Modern Scottish
The Bridge Inn at Ratho**

Half-an-hour's drive from Edinburgh city centre, the Bridge Inn boasts a picture-perfect setting; a haven of tranquility right by a humpback bridge over a gentle bend of the Union Canal. Since buying the inn five years ago, owners Graham and Rachel Bucknall have turned it into a bright and elegant space offering modern Scottish dining and accommodation. Head Chef Ben Watson's cooking is faultless,



beautifully-presented, and full of flavour. Favourites are the Butter-Seared Scallops, Local Carrot and Ginger Purée, Crispy Stornaway Black Pudding, Smoked Bacon, Pan Glaze, and the Ardgay Venison Loin, Crispy Haunch Boudin, Cabbage, Clotted Cream Mash, Tawny Port Jus. Make sure you save space for the Assiette of Desserts, with small-ish portions of a selection of puddings – and walk it off afterwards with a leisurely stroll along the canal path.

bridgeinn.com

Dining Experiences

A well-presented beef dish at L'Escargot Blanc



Best for... Classic French L'Escargot Blanc

Like all the best French chefs, Fred Berkemiller is not just committed to provenance but is obsessive about it. Unlike many French chefs, he sources almost the entirety of his produce within Scotland. If something isn't available, such as the fresh ducks' blood he favours for making fresh black pudding, he encourages local farmers to provide it, forging mutually-supportive relationships

across the country. The proof is not just in the pudding but the savouries too. A speciality of the restaurant is its '*Casserole du Moment*', served to the table family-style. As the lid is lifted, beef-scented steam spirals out of the pan and we quickly dig in to meltingly-tender brisket *bourguignon*. Later, an impressive *île flottante* arrives as a Titanic slab of sweet, light meringue floating in a sea of custard.

lescargotblanc.co.uk

Best for... Soup & Sandwiches The Royal Yacht Britannia

Whether you're a loyal Royalist, curious about the lifestyles of the rich and famous or simply interested in large vessels, The Royal Yacht Britannia is a must-visit attraction. Since being decommissioned in 1997, Britannia has been permanently moored in Edinburgh's historic Port of Leith, accessed via Ocean Terminal. Audio guides allow visitors to explore the ship at their own pace. The Royal Deck Tea Room is open from mid-morning to late afternoon and offers a perfectly sumptuous venue for a light lunch or a cup of tea and a slice of cake. Sandwiches and soup are an occasion in themselves; elegantly-presented and served by smartly-uniformed staff.

royalyachtbritannia.co.uk



Best for... Fabulous Fast Food Burger Meats Bun

The core of BMB's menu is a tasty range of burgers made with quality Scotch beef, served in brioche buns. Regulars such as the Classic, Big Cheese and Smokin' Bacon are supplemented by daily and seasonal specials such as The Italian Job – a juicy pork patty with salami Milano, Toma Raschera cheese, Sicilian aubergine relish, radicchio and herb mayo. Also not to be missed are the cheekily-titled MacNuggets – morsels of macaroni cheese breaded, deep-fried and served with chipotle ketchup – and chicken wings in styles from buffalo with blue cheese to Korean and Chinese. Milkshakes can be hard or soft, and the beer list includes a range of craft beers to rival even the most trendy of London pubs in-bottle and on-tap.

burger-meats-bun.co.uk

Best for... Scotland's Favourite Tipple

The Scotch Whisky Experience

If you're looking for a fun way to learn more about whisky, this popular attraction is the place to come. Start by taking a barrel ride – a haunted-house style tour that twists and turns through video-animated corridors – to learn how whisky is made. Follow it up with a tutored tasting to get to grips with the different regional styles of Scotch, and don't miss the chance to gawk at the stunning Diageo Claque Vidiz Collection of nearly three thousand five hundred rare and unusual bottles. Finish with lunch or dinner in the Amber restaurant, which serves traditional Scottish fare, and complete the experience with a post-prandial dram or two in the Whisky Bar.

scotchwhiskyexperience.co.uk



Best for... Accommodation & Breakfast The Dunstane

A poor hotel breakfast can be a real disappointment, so we were pleased to wake up in one of The Dunstane's modern boutique-style rooms and head to the dining room for the hotel's excellent breakfast offering. A well-stocked buffet of pastries, cereals, fresh fruit and yoghurt was supplemented by a hot menu cooked to order; featuring Scottish kippers and smoked salmon, meaty pork bangers, black pudding, and the obligatory haggis. When you're finished fuelling up, the bus stops directly outside the building make the hotel very handy for exploring the city.

dunstane-hotel-edinburgh.co.uk



A rather eye-catching room at The Dunstane

More recommendations?
[Taste Our Best visitScotland.com
about/food-drink/taste-our-best](http://tasteourbest.visitScotland.com/about/food-drink/taste-our-best)

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Serving snails to Soho

Brian Clivaz - saviour of L'Escargot and founder of Home House - talks to Douglas Blyde about same-sex snail sex, keeping critics waiting, and how fine French fare bumped a burger off the menu



On opening in 1927, L'Escargot became Britain's first restaurant to serve snails. 'The word 'oleaginous' comes to mind when describing Tony the Snail Man,' purrs the Soho restaurant's co-owner and reviver, Brian Clivaz, as we devour salted, roasted molluscs bathed in butter. 'He's a wonderful fellow with two-to-three million Herefordshire snails. They're hermaphroditic. I read a snail can have same-sex sex for sixteen hours without realising it.' Clivaz draws breath. 'How do scientists know that?'

I wonder aloud how one gains membership to L'Escargot's upstairs 'Club Privé', where we are seated. 'The only criterion is I have to like you,' Clivaz advises. The stairs are draped with a bold nineteen nineties carpet by late, great David Collins. 'It's bonkers; completely unique,' praises Clivaz. Did my host always want to mastermind cultured dining venues? 'No, I was the fat boy with thick glasses in the library,' Clivaz says. 'I got a place to read history at Oxford and would probably have become a professor, although I originally wanted to become a monk.' His father, Tony, former worldwide catering director for British Airways, offered just one tenet. 'He said, "I don't mind what you do, as long as you don't get into catering." However, a guest attending a family dinner in Italy prompted a Damascene decision. 'Ping! Jacob Rosenthal, Principle of the Culinary Institute of America,





L'Escargot's colourful interiors are quirky and extravagant



Snails - the delicacy for which L'Escargot is named

took a buffalo tomato off the vine and ate it, rhapsodising about how good it was before smoking a cigar. 'This catering malarkey isn't bad,' I thought!

The Dorchester

Clivaz considered catering courses. 'But my father said I had to start as a *commis chef* and work my way up, so he got me a job at The Dorchester.

Trembling, I went to see Head Chef Eugene Koffler who had a very, very tall hat on, because he was very, very short. And Mr. Koffler just looked up at and said, 'Okay my boy, you want to work here? That's fine.' That was it. Issued with uniform list, Clivaz and mother, Glynne, bought six pairs of chequered trousers, six neckerchiefs and six aprons. 'The salesman, seeing this fresh-faced young man said, 'I suggest you just use two for the time being because

then you can bring the others back.'

Despite the salesman's reserve, the kitchen *milieu* thrilled Clivaz. 'I remember on day three asking John, *Chef de Partie* on *hors d'oeuvres*, 'What's your

ambition?', because of course I wanted to be Managing Director of The Dorchester and take over the world. He said, 'I just hope I can keep my job until I retire.' He was twenty eight! Meanwhile, Clivaz alternated to the roast section. 'I got talking to a terrible ruffian. 'So, what do you like?' he asked, and I answered, 'rock gardening.' He wasn't impressed with that. 'So,' he said, "do you like horses?" I said, 'Oh yes, I went to the gymkhana last week!' quite missing that he meant horseracing. What a terrible *faux pas*!'

After three years 'below decks', Clivaz remembered that his master-plan was megalomania. 'So I resigned and got a job with Trusthouse Forte, front-of-house. But then Anton Mosimann told me I couldn't resign, getting me a job on reception a few weeks later. But the receptionists always saw me as an oik-y kitchen boy.' When Clivaz observed guest cards dating to opening year, 1931, 'he noted annotations like, 'treat with caution - very prickly!'' However, Clivaz fared well. 'One customer handed me a wodge of money in tips. I counted £500. And we're talking about the nineteen seventies!'

Dining Experiences



"Chef Oliver Lesnik took almost an hour to serve critic Fay Maschler"

At least 50 shades of grey have been utilised in this part of L'Escargot

LIFE LESSON?

'My father and I ran Lingfield Park racecourse at one time. We had this 1,200 capacity marquee at the summer meeting for a big advertising agency. On the barbecue we had pork chops, entrecôte steaks, jumbo sausages, breast of chicken and lamb cutlets. The idea was to choose three of the five items, but the first lot were having everything. Of course, by the time you've got through nine hundred, you're running out. Suddenly, there were two hundred in the queue and no food. I said to my father, 'what shall we do?' And his words of wisdom were, 'let's hide.' So we hid in a chemical store for about an hour. When we came out, it was time for afternoon tea.'

Lunch in Paris

At twenty one, Clivaz moved to Paris, securing a job at the Le Relais Plaza Athénée. 'When King Hussein of Jordan came to stay I was moved to the floors. But I had a major disaster! King Hussein had ordered a *sachertorte* to be flown-in for his son's birthday and I was delegated to serve it. So I went to present it to his Majesty then moved round to present it to his son. But I realised I'd turned my back on the King, which of course you shouldn't do, and swirled back too fast... There it was, lying on the floor, having flown in at great expense from bloody Vienna. I just looked at it, and King Hussein just looked at me. 'Well pick it up! Pick it up!' he said.'

Returning to London, Clivaz assumed the role of Trainee Manager at what is now the Mandarin Oriental Hyde Park. An unexpected call occurred. 'Head Office wanted to move me to Dubai where their hotel had gone horribly wrong.'

Home House

Although he spent seven years founding and overseeing A-Lister haunt Home House, then seven years revitalising the Arts Club, 'bringing in new investors, members and rules', Clivaz claims most of his career has occurred 'below the radar'. He did, however, appear in two documentaries. 'When we set up Home House, *Trouble At The Top* came out really well!' The BBC lured audiences with jeopardy, using 'his chances of finding 1,500 customers and opening on time look uncertain...' as its chosen teaser for a show on the £12m project which would transform Xanadu into London's first five-star members' club.

L'Escargot: Past, present, future...

The man Clivaz appointed as custodian of L'Escargot's menu was Oliver Lesnik, son of Mario Lesnik, former *maitre chef de cuisine* at Harrods and Claridge's.



'Oliver, the most handsome chef this side of Greek Street,' says Clivaz. 'And the man who took three quarters of an hour to serve Fay Maschler.'

'Those were very early days,' counters Lesnik. 'I seek explanation. 'When Fay came here a year ago, two

weeks after we took over, I said to the waiting staff, do not tell the chef who we have in. Of course, some well-meaning waiter decided to run down and tell him, so Oliver decided the dish wasn't good enough and started it again, but wasn't quite happy with the sauce, so she literally waited forty five minutes for her sole.' The memory stirs another. 'When I was revamping Simpson's, we put on a classic prawn cocktail. I thought, in the next few days, Fay Maschler will order it, because it's the sort of thing a food writer will order. Sure enough she did, and I saw the waiter putting a prawn cocktail the size of Everest with chopped red and green *pimentos* in front of her ...'

'There aren't many people left like Oliver and myself who know about really old French food.' I throw in a curveball, asking how many burgers are shifted within these walls. 'Strangely enough, the burger's coming off the menu...'

In addition to the revitalised L'Escargot, Langan's of Mayfair, where Clivaz is chairman, continues. 'Now it's profitable, so I've decided to leave it as it is; don't kill the goose that's laying the golden eggs.' Clivaz mentions that the final column Michael Winner wrote was of another member of the Langan's group, Shepherd's. 'He started off with a glowing review of me as a great restaurateur. Then a week later, he conked out.'

What keeps Clivaz awake? 'Grindr works quite well,' he jokes. Actually, I'm addicted to antiques programmes. But I'm very lucky that I fall asleep quickly. Worrying doesn't make things better.' Clivaz smiles broadly before stating, perhaps metaphorically, 'I've been in two hurricanes in my life, locked in a restaurant both times round...'

48 Greek St, London W1D 4EF
lescargot.co.uk



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Great British Institutions

Partridges of Sloane Square

Since the 1970s, Chelsea food hall Partridges has catered to a discerning gourmet audience. In the first in a series on Britain's finest culinary emporiums, Thomas Hobbs discovers its allure

The pick of Partridges

Duck confit sandwich £6

Pain au chocolat and plain scones from the bakery 99p - £1.10

Partridges Chelsea Flower tea £2.75

Partridges House Sauvignon Blanc £5.49

Prosciutto crudo £6.49/100g

In front of the iconic Partridges food hall on a Saturday, start-up traders at the store's weekly Saturday market enthusiastically tout their wares to a diverse crowd including the cast of *Made In Chelsea*, loyal local pensioners, and foodie tourists.

Inside the deli, Partridges' product range encompasses the quintessentially British and the quirky and unpredictable; trendy coconut waters, unusual condiments, and boxes of American cereal. Opened in the early nineteen seventies on Sloane Street by Sir Richard Shepherd, the now-retired Conservative politician, Partridges has come a long way. Since the

founder's election in 1979, it's been run by John Shepherd – who now has three of his daughters all involved with the business.

As Shepherd opines, it's precisely that family spirit that has helped Partridges stand proudly shoulder-

to-shoulder with London behemoths such as Selfridges, Harrods, and Fortnum & Mason, in spite of being a much smaller business. 'We've dealt

with many of our suppliers since we started out, and our staff members have over a thousand years of collective service between them. If you shop with us,' he says, 'we want to make you feel welcome; like one of the family.'

"Partridges' family spirit has helped it stand shoulder-to-shoulder with older companies"

John Shepherd loves the atmosphere at the food market



When Shepherd relocated Partridges' original site to Kings Road a decade ago, he requested an outside market site; an unusual move for a food hall, but one that's more than paid off over the years, rendering him instrumental in driving London's thriving street food scene.

Shepherd still has no plans to retire. Moving forward, he says, Partridges is looking to exploit its Royal Warrant to drive more international exports. An extension of Partridges' online service is also on the cards. But above all, the owner just wants to stay true to himself.

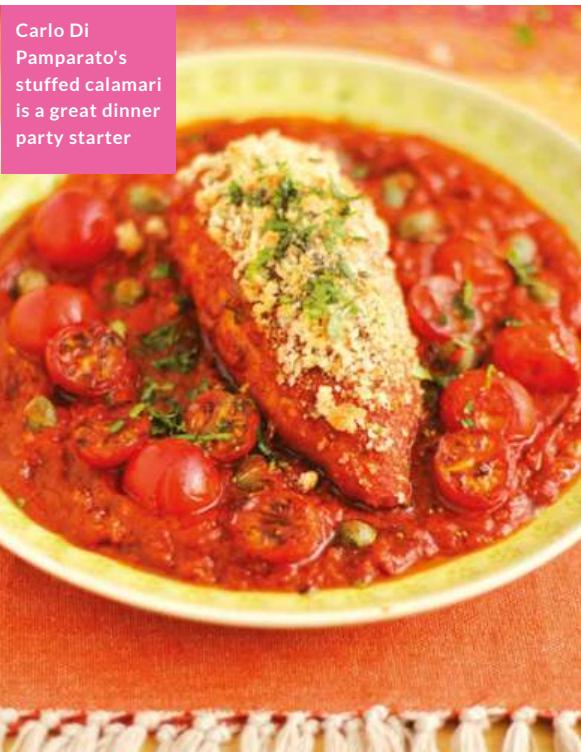
'I love our seasonality and the sense of feeling connected to the local community – we're offering something rare in the UK and I want that to continue. Partridges truly serves the local community's every need - that's what gives me the biggest buzz.'

Tradition has helped Partridges maintain its popularity



Images by Partridges, Thomas Hobbs and recipes Good Things

Carlo Di
Pamparato's
stuffed calamari
is a great dinner
party starter



Stuffed calamari

SERVES 4

Ingredients

- 4 tbsp good-quality olive oil
- 2 cloves garlic, finely chopped
- 1kg medium squid, rinsed and gutted, tentacles and head meat finely chopped
- 100g fine breadcrumbs, plus a handful for sprinkling
- 2 tbsp dry capers, minced
- 20 pitted black olives, minced
- 50g Giribizzi Zibibbo Raisin Jam (or Zibibbo raisins)
- 50g pine nuts
- 50g pecorino, grated
- 1 egg
- 1 spring of flat-leaf parsley
- 200g mini plum tomatoes
- 500ml passata

Method

Heat 3 tablespoons of the olive oil in a pan set over medium heat and sauté the garlic. When it loses the raw smell, add the tentacles and head meat, increase the heat to high and quickly sauté. Remove from the heat and add the breadcrumbs, minced capers and olives, Raisin Jam or raisins, pine nuts, pecorino, and egg. Mix well and stuff into the cleaned squid tubes. Add a little olive oil to a pan set over medium heat, add the stuffed squid, and sprinkle with a handful of breadcrumbs. Add the mini plum tomatoes and passata, season, and drizzle with a little olive oil. Cover the pan and cook for about 30 minutes until the squid is tender. Serve warm.

Recipe courtesy of Carlo di Pamparato from Giribizzi giribizzi.co.uk



Fregola with nuts, herbs & bottarga

SERVES 4

Ingredients

FOR THE DISH:

- 500g fregola
- 25 blanched almonds
- 1 small chilli, finely chopped
- 1 clove garlic, finely chopped
- 1 tbsp fresh chives, finely chopped
- 1 tbsp fresh mint, finely chopped
- 3 tbsp tiny capers, rinsed if in salt
- 3 tbsp olive oil

TO SERVE:

- 4 tsp bottarga, (or to taste), freshly grated from a whole piece
- lemon wedges

Method

Bring a pan of heavily-salted water to the boil, add the fregola, and cook for 10-12 minutes, until al dente. Drain. Place the cooked fregola in a large serving bowl, add all the remaining ingredients except the lemon wedges and grated bottarga, and toss to combine. Serve chilled, sprinkled with grated bottarga, with lemon wedges on the side.

Recipe courtesy of Antonio Arca from Capo Caccia Fine Foods capocaccia.co.uk



Bagna cauda

SERVES 8-10

Ingredients

- 5 cloves garlic, crushed
- 250ml good-quality olive oil
- 100g salt-cured anchovy fillets
- 8 cloves garlic, finely sliced
- 50g butter, melted

Method

Mix the crushed garlic with the olive oil, anchovies, and sliced garlic. Set a pan (earthenware for preference) over a low heat and fry gently for 20 minutes, ensuring the garlic does not brown and the anchovies melt. Add the melted butter, and serve hot in an earthenware dish, accompanied by a mixture of seasonal crudités.

Recipe courtesy of Carlo di Pamparato from Giribizzi giribizzi.co.uk

More information

Partridges of Sloane Square
2-5 Duke of York Square, London SW1 4LY partridges.co.uk

Partridges' Saturday Food Market
Weekly 10am-4pm
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Simply *the* best

Mastering inimitable, quintessential British classics is the perfect way to demonstrate your seriously slick cooking skills. Andy Greeves shows you how – and reveals the history and mystery behind the dishes

Lesley Wild's scones
PAGE 47

Images by Bettys, iStock



Lesley Wild's scones

MAKES APPROXIMATELY 15

Ingredients

- 500g self raising flour, sieved to remove any lumps
- 175g soft butter, cut into very small pieces
- a pinch of salt
- 3 tbsp caster sugar
- 150g sultanas
- 2 large eggs, lightly beaten
- a little milk

Method

Preheat the oven to 220C. Line a large baking tray with baking parchment. Place the self raising flour and butter in a large bowl. Very gently begin to bring the flour and butter together by rubbing between your thumb and fingertips, allowing it to fall from a short height above the bowl. This will incorporate air into the scones making them beautifully light. Continue in this way until the mixture resembles fine breadcrumbs. Add the salt, caster sugar, sultanas, eggs and sufficient milk to form a soft dough. Avoid working the dough too much.

Add the salt, caster sugar, sultanas, lightly beaten eggs and sufficient milk to bring everything together to form a soft dough. The amount of milk will vary accordingly to the size of the eggs, softness of the butter and the temperature of the room. Avoid working the dough too much. Turn the dough out onto a lightly floured work surface, flour a rolling pin well and roll the dough out until it is approximately 2cm thick. Cut it into squares or diamond shapes with a sharp knife and transfer to the prepared baking tray, making sure you leave space between them for expansion. Brush the tops with a little milk, then bake in the preheated oven for approximately 10 minutes. Serve warm with clotted cream or butter and home-made jam.

Recipe from *A Year of Family Recipes* by Lesley Wild, published by Bettys & Taylors Group bettys.co.uk

Scones (& cream teas)

The popularity of cream tea is such that this Great British pastime now has seven days of the year dedicated to it – the annual Afternoon Tea Week, which sees pop-ups and activities running alongside themed menus and offers in hotels, restaurants and tearooms.

Since 2013, research suggests a seventy percent rise in the number of people partaking in cream tea, but the tradition is far from modern. Historians from the town of Tavistock claim that it arose from Ordulf, Earl of Devon, serving bread, clotted cream and strawberry preserves to locals who helped him with the restoration of the Benedictine Abbey in 997AD.

At an unknown point in time, and in spite of being less-than English, scones found their way onto the cream tea menu. Webster's Dictionary claims them as a variation of Scottish bannock (quickbread), dating back to the early sixteenth century, but cream teas will forever be synonymous with the Cornwall and Devon in the Southwest of England.

Bettys Café Tea Rooms might be far further north, but the Yorkshire venue is a national institution when it comes to teatime treats. Opened in Harrogate in 1919, Bettys now has six venues nationwide, and recently launched the reservation-only 'Lady Betty' afternoon tea. Featuring artisan sandwiches, delicious savouries, an exquisite range of hand-made miniature cakes, and, of course, two types of freshly-baked, warm scone, it's a necessary indulgence.

TAKE TEA WITH BETTYS

The Lady Betty Afternoon Tea is available exclusively from The Imperial Room at Bettys in Harrogate, and The Belmont Room at Bettys York on Fridays, Saturdays and Sundays.

bettys.co.uk

The Windmill Steak & kidney pie

When eating a savoury pudding – quite possibly of the steak and kidney variety – on a visit to London in 1698, Frenchman Henri Misson de Valburg wax-lyricalled: 'Blessed be he that inventeth pudding, for it is a manna that hits the palates of all sorts of people ... Ah, that an excellent thing is an English pudding!'

For centuries, meat puddings were all rage across the social classes in Britain. Although Mrs. Beeton's 1861 recipe for an oyster-embellished steak and kidney pudding might sound luxurious, at that time the abundant bivalves were a cheap delight enjoyed by rich and poor alike. Puddings such as Mrs Beeton's diminished in popularity after World War II, partly owing to ingredient scarcity. In *Eating For Britain*, Simon Majumdar points out that increased female employment meant less time for arduous cooking. As a simpler, faster solution, steak and kidney pie became a menu mainstay from the mid-nineteen forties.

Today, the steak and kidney pie is a British classic. The Windmill in London's Mayfair, whose chef Carl Smith is a three-time winner of the Meat and Livestock Commission of Great Britain's National Steak Pie Competition, has a strong case for claiming it serves the best pie in country. The gastropub houses a dedicated 'pie room' and pie club with thousands of members – testament to this dish's enduring popularity.

THE WINDMILL

6-8 Mill Street, London W1S 2AZ

windmillmayfair.co.uk



Steak & kidney pie

SERVES 6-8

Ingredients

FOR THE FILLING:

- 75g beef dripping
- 150g onions, sliced
- 1kg beef skirt, diced, at room temperature
- 300g ox kidney, diced, at room temperature
- 300g field mushrooms, chopped
- 25g plain flour
- 25ml Worcester sauce
- 25g English mustard
- 25ml mushroom ketchup
- 1 bay leaf
- 1 sprig of thyme
- salt and black pepper, to taste
- 200ml beef stock
- ½ pt Young's Bitter

The Windmill in Mayfair - a must visit for those who love pies



- a handful of flat-leaf parsley, finely chopped

FOR THE SUET PASTRY:

- 250g self-raising flour
- 125g shredded suet
- 1 tbsp fresh flat-leaf parsley
- salt and pepper, to taste
- beaten egg, to glaze

Method

Heat the beef dripping in a large saucepan, add the onions, and cook until softened but not coloured. Add the beef and cook until lightly-coloured, then increase the heat and mix in the flour until the meat is well-browned. Add the kidney and remaining ingredients except the stock, beer, and parsley, and combine well.

Gradually add the stock and beer and simmer gently until the meat is tender. Add the parsley, check the seasoning, transfer to a pie dish, and allow to cool whilst you prepare the suet pastry.

For the pastry, sieve the flour into a large bowl. Add the shredded suet, parsley and seasoning, then slowly stir in just enough water to combine into a dough which leaves the bowl clean – treating it carefully and lightly. Roll the pastry into a ball, cover in clingfilm, and leave to relax in the refrigerator for 30 minutes.

Heat the oven to 200C. Roll the chilled pastry out on a floured surface to a one centimetre thickness, large enough to cover the pie filling in its dish. Seal around the edges with a fork, slit the pastry in the centre or insert a pie funnel to allow steam to escape, brush with beaten egg, and cook in the oven for 40–45 minutes until piping hot throughout.

Recipe courtesy of Carl Smith, Head Chef at The Windmill
Watch the dish being made at
youtube.com/TheWindmillMayfair

GT
COOKED &
PHOTOGRAPHED
By Good Things



Fish & Chips

The UK is home to over ten thousand five hundred fish and chip shops, and the industry generates an annual turnover in excess of £1.2 billion. The comforting dish has always helped Britain through hardship; kept off-ration during World War One, and declared by Sir Winston Churchill during World War Two as ‘good companions’.

There is contention over the meal’s origins - a blue plaque in Oldham’s Tommyfield Market claims to mark the site of the first British chip in 1860, sold with fish by a local trader, but others believe East London Jewish immigrant Joseph Malin was first to sell the combination at around the same time.

While there is much debate over the best fish type - just over sixty percent opting for cod and a quarter for haddock - there’s no denying the enduring popularity of a plate or paper-wrapped parcel of well-executed fish and chips.

Fish, chips & mushy peas

SERVES 10

Ingredients

FOR THE MUSHY PEAS:

- 500g dried marrowfat peas, soaked overnight in 1 litre water with 1 tbsp bicarbonate of soda
- large pinch of salt
- butter, vinegar, and mint sauce, to finish

FOR THE BATTER:

- 350g self-raising flour
- 1 pint of IPA
- salt, to taste

FOR THE FISH:

- beef dripping, for deep-frying
- 225g line-caught cod fillet per person
- flour, for dusting

FOR THE CHIPS:

- 2 medium potatoes (Marquis, Maris Bards, Maris Pipers, Cabaret or Agria) per person, washed, peeled and cut into finger-sized strips
- beef dripping, for deep-frying

Method

For the mushy peas, wash the soaked peas well and place in a large saucepan. Cover with enough water to come one inch above the surface, add the salt, and slowly bring to the boil. Reduce the heat and simmer for 10 minutes, then drain excess water and roughly purée with a hand blender, adding butter, vinegar or mint sauce to taste. Reserve.

For the batter, mix the flour and IPA in a large bowl, season to taste, and whisk together until lump-free and with the consistency of double cream. Refrigerate for 30 minutes before use.

Meanwhile, half-fill a deep, heavy-bottomed saucepan with beef dripping. Bring the fat to 180C.

For the chips, bring a large saucepan of water to 135C and blanch for 5 minutes, then remove from the water and leave to rest for a few minutes.

Dust the fish lightly with flour and immerse in the chilled batter. Lay into the oil and cook the fish for 6–7 minutes until it starts to float, the bubbles start to subside, and the batter is golden.

Meanwhile, reheat the mushy peas and remove the cooked fish. Add the chips, and cook for 2–3 minutes until golden. Drain on kitchen paper and serve.

**Recipe courtesy of Eric Snaith,
Chef-Patron of Eric's Fish and Chips**
ericsfishandchips.com



Chef Eric
Snaith's bright
and cheery
Norfolk diner

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sweet treats

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The Very Best
of British

A four-course seasonal
feast from the nation's
finest chefs



Recipe of the month

Fig & custard cobnut tartlets

MAKES 6 X 4-INCH TARTLETS

Ingredients

FOR THE PASTRY:

- 120g unsalted butter, diced, at room temperature
- 75g icing sugar
- 3 egg yolks, beaten
- 225g plain flour
- 25g cobnuts (or hazelnuts), toasted and blitzed to a powder
- 2 tbsp water
- 1 egg, beaten, to glaze

FOR THE FILLING:

- 1 vanilla pod
- 500ml full cream
- 9 large egg yolks
- 75g caster sugar

FOR THE TOPPING:

- 6 ripe figs, quartered
- 25g cobnuts, toasted and chopped
- 3 tbsp wildflower honey

Method

Preheat the oven to 180C.

For the pastry, cream the butter and sugar together until smooth. Mix in the eggs and then the flour, cobnuts, and water until just incorporated. On a cool, floured surface, gently knead the dough for 1 minute, shape into a ball, wrap in clingfilm and refrigerate for 30 minutes.

Meanwhile, make the custard. Set a saucepan over medium heat and slowly bring the cream and vanilla seeds to just below the boil. Whisk the egg yolks and sugar together, then add to them the hot cream and mix well. Pass through a fine sieve into a jug and allow to cool.

For the tartlets, divide the dough into 6 even pieces and roll out to circles about 3mm thick, each large enough to line one of the tins. Lift into the tart tins, pressing the pastry into the grooves using a spare piece of dough. Trim the excess pastry, prick the bottoms with a fork, and chill for 30 minutes.

Fill each case with greaseproof paper and baking beans or raw rice, and bake for 15 minutes. Remove the paper and beans or rice from each tartlet shell, brush with beaten egg, and return to the oven for 3 minutes more, until pale gold. Remove and allow to cool.

Reduce the oven temperature to 120C.

Fill each tartlet shell almost to the brim with the cooled custard and bake for 20-25 minutes until the custard has set but is not too firm. Allow to cool.

To finish, top each tart with the quartered figs, drizzle with honey, and scatter with the chopped cobnuts.

"Toasted nuts and sweet figs make these tartlets the perfect dinner party finale"





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good
times

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The Healthy Digest

Wellness expert Natalie Glaze has her finger on the pulse when it comes to maintaining a healthy, happy lifestyle. If you need to know all the hottest trends in food and fitness, just ask The Nutritionista...

Five Minutes With... Tess Ward



Tess Ward is making a name for herself in the world of healthy eating. With her debut cookbook, *The Naked Diet*, recently released, the Le Cordon Bleu-trained chef is definitely one to watch.

GT What are you all about?

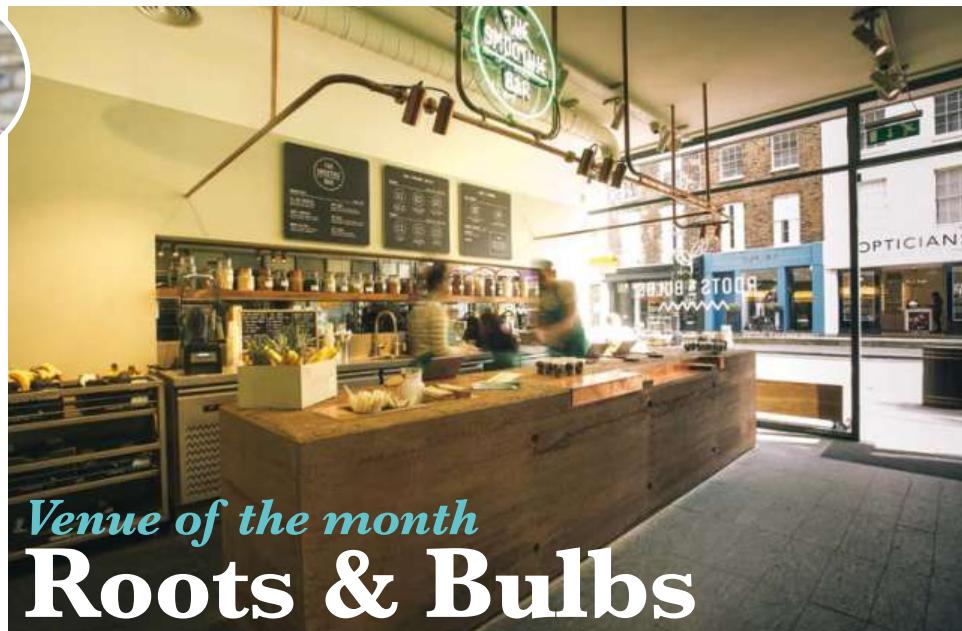
TW I cook, eat, and laugh (a lot). I am a Le Cordon Bleu-trained chef and food writer. Despite my background in French cooking and love of butter, I am also passionate about colourful dishes and healthy, wholesome ingredients. Through my website and cookbook, my aim is to inspire others to see that healthy food can be exciting and delicious, without restriction or any compromises.

GT Your favourite healthy eating spots...

TW I love The Palomar in Soho for fab Middle Eastern food. Nowhere beats Hawksmoor for a classic steak and sides. I also love my local café, Milk, for brunch. Their dish of poached eggs on toasted cornbread is a complete game-changer.

GT Your top cooking tip?

TW Always buy the best ingredients you can afford and don't overcomplicate cooking. Stripped-back and simple is often the best ethos.



Venue of the month Roots & Bulbs

What London's first and original cold-pressed juice bar **Where** Marylebone and South Kensington

Menu A great selection of cold-pressed juices, super smoothies, healthy snacks and salads

More rootsandbulbs.com. T: @rootsandbulbs. I: @rootsandbulbs

Good Things recommends The Smart Smoothie - a blend of coconut water, banana, cocoa powder, dates, coffee, and walnuts - for a delicious alternative to your usual caffeine kick.



Add maca to porridge for a serious nutritional boost

Ingredient of the month Maca

Also known as Peruvian Ginseng, maca powder has been used in Peru for endurance, energy and hormonal balance for over two thousand years. Maca is a great source of vitamins, minerals and amino acids, ideal for building lean muscle. It is also great for moderating stress, enhancing stamina, and boosting libido and energy levels.

Perfect in: Smoothies, porridge, and baking - where it adds an inimitable malty caramel flavour

GT Your food mantra...

TW Being healthy is not a way of life, but a way to make your life better - so count colours, not calories and measure goodness, not grams. Filling your plate with the 'good' helps phase out eating too much of the 'bad'.

Your exercise routine...

TW I love yoga for the mental peace. I have also just hired Olu, an amazing trainer at Lomax - we've started doing weight training to help grow my booty!

More from Tess

tessward.com T: @tesswardchef I: @tesswardchef



"This tart makes the most of seasonal fruit and packs a nutritious punch"

This sweet treat tastes great and makes you feel the same

Spiced poached pear and apple tart

SERVES 4-6

Ingredients

FOR THE RAW TART BASE:

- 120g almonds and pecans
- 200g dates (you can add more depending on how sticky you like the mixture)
- 1 tbsp coconut oil

FOR THE FILLING:

- 1 tbsp coconut oil
- 1 tbsp raw honey
- a pinch of cinnamon
- 1 vanilla pod, seeds scraped and pod retained
- ½ an orange, zest only
- 1 large pear, peeled, cored, and sliced
- 1 large cooking apple, peeled, cored, and sliced
- a handful of flaked almonds

Method

For the raw tart base, blend all the ingredients in a blender then divide the mixture between 4 small tart tins, pressing down firmly. Place in the refrigerator and leave to set whilst you make the filling.

For the filling, heat together the coconut oil, honey and cinnamon in a small pan set over medium to low heat, swirling the pan.

Heat until the liquid turns golden and caramelises, then add the scraped vanilla seeds and the pod to the pan and continue swirling over a low heat so the mixture doesn't burn.

Add the orange zest and the pear and apple slices, then sprinkle the flaked almonds over the top of the caramel and fruit mixture. Allow the pears and apples to soften in the pan for around 4-5 minutes until the fruit has soaked up a good amount of the liquid.

Remove from the heat, and arrange the fruit slices attractively in the set raw tart shells. Evenly scatter with the almonds, drizzle with some of the remaining liquid, and serve.

Recipe courtesy of Natalie Glaze, aka The Nutritionista the-nutritionista.co.uk



Health Trend Reformer Pilates

Body-sculpting, limb-lengthening and fat-burning: welcome to the world of reformer pilates. Reformer machines may be likened to medieval torture devices, but they'll help you stretch, bend and lengthen your body like never before.

Good Things recommends:

- BePilates be-pilates.co.uk
- Heartcore heartcore.co.uk
- Ten Pilates tenpilates.com

Event of the month

Fare Healthy

Where: Borough Market

When: 27th September

What: A delicious one-day festival filled with an abundance of food, health and wellness

More: peardroplondon.com/fare-healthy





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Trending tastes

The roasts with the most

Sunday lunch is a mainstay for many, but there's no need to get stuck in a rut. Safrina Nishad demonstrates how to turn a weekly meal into an occasion

Elaborate home-cooked roasts on a Sunday are a big part of British tradition. But in recent years, more and more families have abandoned this long-standing ritual. With numerous pubs and restaurants serving up their own roasts, there's no need to lavish endless amounts of time and care on cooking up a storm at home.

But we say, bring it on! If everyone takes part in the cooking process, the result is well worth the effort, and each and every meal helps keep a great tradition alive.

This month, *Good Things* celebrates all things British – like the Sunday roast. If you're keen to indulge in a crowd-pleasing meal but are dreading the sheer effort involved, our ultimate guide will have you covered. From taking the stress out of shopping to nifty kitchen tricks for the most mouth-watering meat, we're all about maximum flavour with minimum fuss.

An excellent roast with AEG

Penny Rumford, Product Specialist Manager from AEG, reveals how to make the most of AEG ovens when preparing a classic Sunday roast...

If chicken is on the menu, the 'Steam and Heat' setting guarantees a beautifully-moist, golden-brown roast with roast potatoes that are both fluffy and crisp.

If you're feeding a crowd, the multitasking AEG XXL oven can cook meat, potatoes, and dessert simultaneously as its 'True Fan' feature eliminates flavour crossover.

For accurate cooking of a pork roast, use the core temperature sensor and the 'Turbo Grill' setting for crisp crackling, succulent meat and flavoursome veg.



"Who doesn't love an elaborate Sunday roast with all the trimmings?"

Images by Penny Rumford, Product Specialist Manager

Roast chicken with bacon Scotch eggs

SERVES 4

Ingredients

FOR THE CHICKEN:

- 1 x 1.5kg free range chicken with its giblets
- 1 head of garlic, split in half
- 4 shallots, halved
- 100g unsalted butter
- 200ml sweet Madeira
- 500ml brown chicken stock
- Maldon sea salt
- freshly ground black pepper

FOR THE SCOTCH EGGS:

- 2 large free-range hen's eggs, plus a beaten egg for coating
- 150g pork sausagemeat
- 50g smoked streaky bacon, finely chopped
- the chicken's liver, finely chopped
- 4 sage leaves
- 40g flour, seasoned with salt and pepper
- 100g dried breadcrumbs

Method

Soft-boil the eggs for 4 minutes and plunge into iced water. Mix the sausage meat with the bacon and chicken liver. Blanch the sage leaves in boiling water, refresh and pat dry. Carefully shell the eggs, then lay a sage leaf either side of each egg, gently flour and carefully wrap in the sausage meat. Put in the fridge to chill for up to an hour.

Season the chicken generously, put the garlic and half the butter in the cavity and place the bird on its side in a roasting dish, scattering the giblets and halved shallots around it. Roast at 160C for 30 minutes before turning it onto the other side for a further 30 minutes.

Turn the chicken breast-side upwards for another 20 minutes while you finish the Scotch eggs. Roll the Scotch eggs in seasoned flour, dip in beaten egg then dredge twice in breadcrumbs.

Place the Scotch eggs around the bird and turn the oven up to 200C to allow the chicken skin to crisp up and cook the eggs. Remove the chicken from the oven and put the Scotch eggs to one side. Set the chicken on one side with the Scotch eggs and deglaze the roasting tray with the Madeira. Reduce by half, add the chicken stock and reduce by half again, while crushing the giblets, garlic and shallots. Whisk in the remaining butter and pass through a sieve.

Three more delicious options

1. WHOLE ROAST CHICKEN

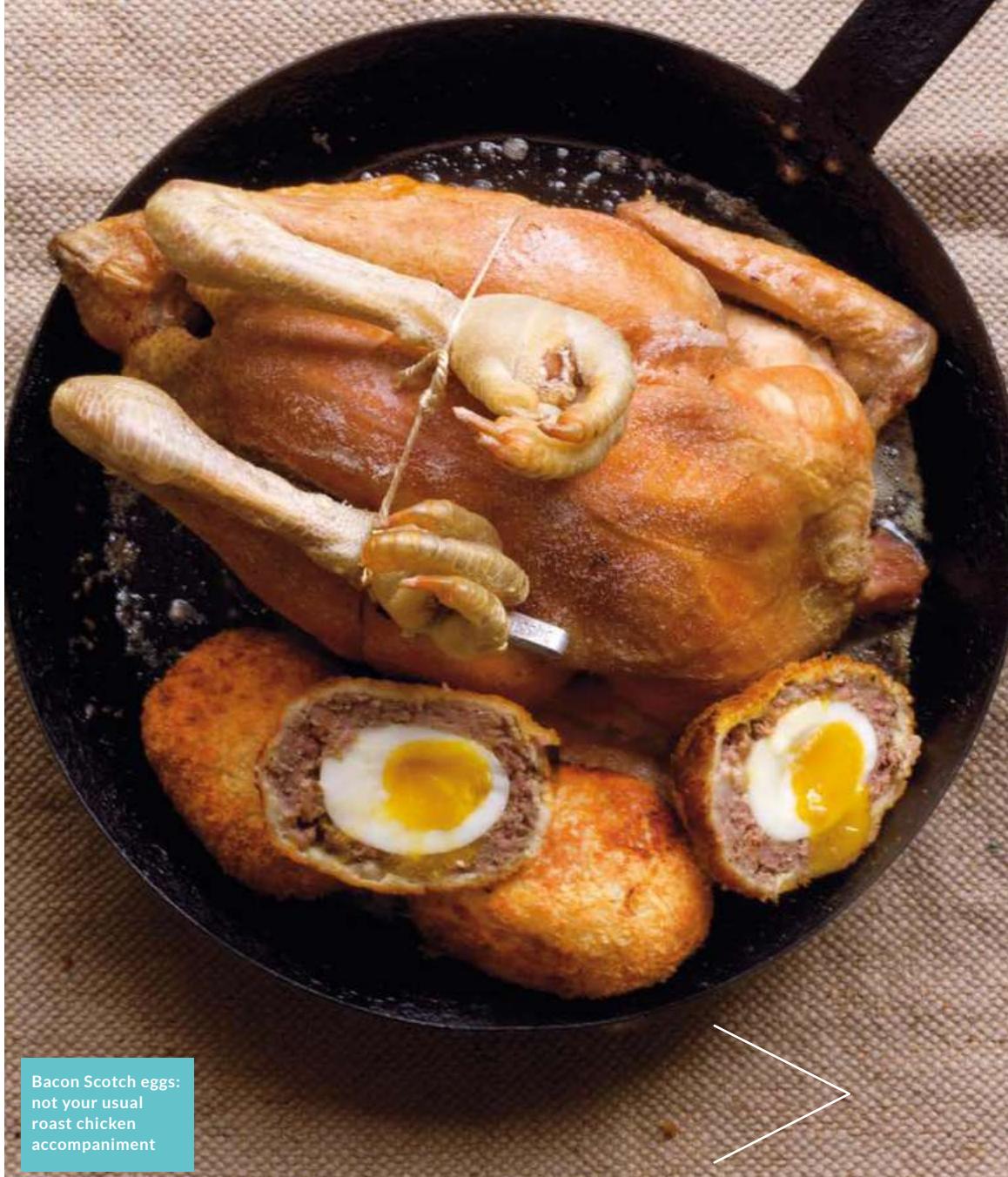
Stuff the chicken with a whole lemon and cook your bird atop a comfy bed of vegetables to ensure the meat doesn't dry out during roasting.

2. LEG OF LAMB

Crust the meat with rosemary salt, lemon and garlic for a fragrant and moist roast. As leg of lamb is naturally tender, it is not necessary to marinade the meat.

3. PORK BELLY

For a decadent roast, slow-cook the meat, compress it overnight, and pan-sear before finishing in the oven. The skin yields deliciously-crunchy crackling.



Entertaining

Roast rack of pork with a garlic & herb crust

SERVES 8

Ingredients

- 1 large bunch of fresh flat-leaf parsley, chopped
- 1 bunch of fresh sage, chopped
- 2 garlic cloves, crushed
- 200g fresh white breadcrumbs
- 100g butter, cubed and softened
- Maldon sea salt flakes and freshly ground black pepper
- 1 French-trimmed loin of pork, about 2.4kg
- You will also need a meat thermometer

Method

Preheat the oven to 160C.

In a food processor, blend the parsley, sage, crushed garlic and breadcrumbs to very fine green crumbs. Mix in the butter and season with salt and pepper.

Wash and thoroughly dry the pork rack, then score the skin at least 1mm deep with a very sharp knife. Rub the pork all over with salt and roast in the oven for 1 hour.

Remove the pork from the oven, take off the cooked skin and return this to the oven separately to crisp up.

Coat the exposed meat in the green breadcrumbs, pressing it on to the part-cooked flesh, return it to the oven and cook for a further 20 minutes. When an internal temperature of 60C is reached, remove the pork from the oven and let it rest for 20 minutes. If necessary, turn the oven up to 200C to finish crisping the crackling.

Slice the pork into chops, taking care to keep the crust intact, and serve with strips of the crackling and pork gravy.

Three ways to love your leftovers

1. CLASSIC ROAST BEEF SANDWICH

Strong cheddar, plump tomatoes and fresh greens make wonderful companions to the cold meat.

2. LAMB STEW

Use leftover lamb in a rich tomato-based stew bulked up with beans and diced potatoes. Mop up the sauce with crusty bread.

3. BLUE CHEESE SALAD

Toss strips of pulled roast chicken with crumbled blue cheese and grapes for a protein-rich weeknight salad.

Traditional beef rib roast

SERVES 6

Ingredients

- 1 x forerib of beef, at least 2kg in weight
- beef dripping

Method

Remove the meat from the fridge a couple of hours before cooking. Season the surface evenly, then sear the joint all over in a hot pan with a generous tablespoon of beef dripping. Place the ribs, fat side upwards, on a rack in a shallow roasting pan. Roast at 180C allowing 40 minutes per kilo for medium-rare or 45 minutes per kilo for medium (which is how we prefer this cut). Remove the roast when a meat thermometer registers 57C for medium-rare or 60C for medium and allow to rest in a warm place for at least 20 minutes (by which time the internal temperature will have risen by a couple of degrees).

Horseradish sauce

SERVES 6

Ingredients

- 100g peeled, grated fresh horseradish
- 250ml sour cream
- Maldon salt and freshly ground black pepper

Method

Mix the grated horseradish into the sour cream, season with Maldon salt and freshly ground black pepper, and serve with roast beef.

Yorkshire puddings

MAKES 6

Ingredients

- 200ml eggs, beaten
- 200ml semi-skimmed milk
- 200ml plain flour
- beef dripping

Method

Start the Yorkshire batter the night before. (It gives the starch cells time to thicken which will give you a lighter, smoother batter.) In a medium-sized bowl pour the beaten eggs, milk and salt, then add plain flour by the spoonful, whisking constantly so you create a smooth batter (or whizz together in a food processor). Once all the ingredients are mixed, cover the bowl with clingfilm and refrigerate overnight. Once your beef has roasted and is resting



Recipes from *Hawksmoor at Home* by Huw Gott, Will Beckett and Richard Turner with photography by Dan Lepard, published by Preface RRP £25; and *Hog: Proper pork recipes from the snout to the squeak* by Richard H. Turner with photography by Paul Winch-Furness, published by Mitchell Beazley RRP £25 octopusbooks.co.uk

on the side, turn up the oven to 220C. Put a dollop of beef dripping at the bottom of each hollow in a Yorkshire pudding or muffin tin and place over a high heat on the hob. Fill the holes just over halfway up with batter. The secret to great Yorkshire puddings is cold batter crashing into intensely hot beef dripping. It should look alarmingly volcanic with lots of crackling and voluminous batter turning into pillow-like puddings.

Place the trays of puddings in the oven for 15–20 minutes until golden, turning them

over towards the end so the bottoms crisp up.



More information...

For more on AEG appliances, visit aeg.co.uk

Spice & All Things Nice

Mustard seeds

Strange but true: Nigella Lawson famously carries a tube of Colman's English mustard in her handbag. But there's more to the spice seeds than that classic condiment. Zoe Perrett hits the kitchen

A h, mustard. A must-have in the cupboard, from the sunshine-hued English stuff to German wholegrain and fiery yet flavoursome French Dijon. Even India's in on the act with *aam kasundi*, a Bengali paste that includes tart green mango.

For something so pungent, mustard seeds look deceptively innocuous, their pungent nature only revealed when crushed or cooked. If you happen to spill them, you'll be reminded of your clumsiness for weeks – the tiny round seeds get absolutely everywhere. Their diminutive size is even referenced in Jewish texts, illustrative of the size of the known universe and its insignificance in the grand scheme.

Mustard seeds come in black, brown, yellow, and white varieties; the lighter sorts typically the mildest. You can buy them whole, powdered or pasted – the former type used as spice, not condiment. In Britain and Europe, whole yellow mustard seeds are added to pickling liquors with bay leaves and peppercorns. The black or brown kind appear in North India's 'achari' ('pickling') spice and in *paanch phoran* – a Bengali blend of five whole spice seeds.

At L'Anima, Executive Chef Antonio Favuzzi uses mustard seeds in his Lobster Catalonia dressing, whilst Duck & Waffle Executive Chef Dan Doherty likes his spice somewhat sweeter, using them to infuse maple syrup.

Although the pungency of raw mustard seeds is often eye-watering, heat has a mellowing effect. Seeds can be dry-roasted, ground, and added to multiple spice blends,

from traditional Tamil *masalas* to modern American-style dry barbecue rubs.

Or try frying tiny brown seeds South Asian-style in hot oil, so they impart a nicely nutty taste to whichever dish this 'tadka' (tempering) is stirred into (see 'Five to Try' sidebar). Just watch your eyes during frying – as *Good Things*' Guest Editor alumnus Alfred Prasad points out, spitting seeds do have a nasty habit of making a beeline straight for them.

Think drinks, and you'll no doubt be familiar with the way horseradish and Tabasco lift a Bloody Mary. Mustard can perform a similar function – add a pinch of the powdered type to a margarita, a barspoon of something more mellow to a warming whisky concoction, or seeds to a shaken aperitif (see recipe). Berlin company Galander even makes a unique mustard liqueur.

Mustard and chocolate are unlikely bedfellows, but with its 'Meaux' truffle, Fifth Dimension Chocolates proves the combination can be award-winning. Heston Blumenthal's savoury mustard ice cream proved popular at Waitrose; piquant enough to eat with meat yet sweet enough to serve as dessert. In puddings, rich dairy or sweet fruit serve to balance mustard's acidity – try the grainy type in *panna cotta* or apple pie. Harking back to historic recipes, meanwhile, a little mustard powder adds a beguiling bite to gingerbread.

From sweet to savoury, pickles to liqueur, mustard seeds are a must for spice-loving cooks.

**"Duck & Waffle's
Dan Doherty
infuses maple
syrup with
mustard seeds"**

Five to try...

5

Honey mustard ice cream

Add honey and smooth or grainy mustard to a basic custard before freezing. Serve with smoked salmon or a salad of ripe tomatoes.

4

Mustard cress

Spread overnight-soaked seeds between two damp J-cloths, and leave in a warm place for a couple of days until the seeds sprout.

3

Mustard seed vodka

Infuse vodka with whole mustard seeds for at least twenty-four hours and use in small amounts as an ingredient in cocktails.

2

South Indian-style spinach

Fry split black lentils, brown mustard seeds, curry leaves, and a dried red chilli in hot coconut oil and toss through baby spinach.

1

Sweet-savoury muffins

Fry off mustard seeds, chopped shallots and bacon lardons, and add to a basic muffin batter with a good drizzle of honey before baking.

"Antonio Favuzzi
of L'Anima uses
mustard seeds
in a lobster
dressing"

GT
COOKED &
PHOTOGRAPHED
By Good Things

Mustard seed martini

MAKES 1

Ingredients

- 60ml vodka
- 15-30ml brine from a jar of gherkins, to taste
- splash of dry vermouth
- 10-12 yellow mustard seeds
- whole gherkin, for garnish
- a sprig of dill, for garnish



Method

Add the vodka, brine, vermouth, and mustard seeds to an ice-filled cocktail shaker. Shake hard, strain into a chilled martini glass, and garnish with the gherkin speared on a cocktail stick and the sprig of dill. Serve immediately.

An unlikely cocktail ingredient - mustard can give a classic drink a new kick

Old kit, New tricks



One piece of classic kitchen equipment, three canny new uses

The Old Kit

A fancy-moulded bundt tin looks great mounted on a wall, adding rustic country charm to a kitchen. But it's also worth pressing into service during your next baking session.

Available in hundreds of styles from roses to buildings to traditional Nordic designs, bundt tins yield three-dimensional, prettily-patterned cakes that look beautiful adorned with nothing more than a simple icing sugar dusting. The hollow centre, meanwhile, is the perfect receptacle for fruit, whipped cream, chocolate mousse, or whatever takes your fancy.

The ring shape of a bundt tin makes it ideal for high-moisture pound cake-style batters that need long, low cooking times; putting more of the mixture in contact with the pan and both speeding up and evening out the cooking process. If your cake baking efforts have been plagued by undercooked centres and burnt edges, give it a go.

But man, woman, and indeed child cannot live by cake alone, so it's handy that a bundt tin has many applications beyond baking - from fuss-free one-pan roaster to impressive layered terrine mould... and, indeed, quirky wall decoration should you so wish.

In the same mould

If you can find individual bundt tins, try serving mini roast dinners as a quirky starter - roast tiny quail and baby vegetables using the same method as the one-pan roast chicken dinner, reducing cooking time accordingly.

The New Tricks

FULL ROAST DINNER Love crisp-skinned, tender rotisserie chicken? For a full roast in a single tin, a bundt is your best friend. By layering parboiled potatoes and root vegetables in the tin and roasting them beneath a chicken propped vertically on the funnel (see recipe), you'll end up with perfect roast chicken and potatoes and veg with a gorgeous *umami* flavour from roasting in the chicken fat.

**"Bundt tins
yield pretty,
patterned cakes
- but they have
many applications
beyond baking"**

ICE WREATH A large ice wreath adds visual impact to a bowl of punch and will melt slowly, so won't spoil the drink. For a crystal-clear finish, use boiled, cooled water. Fill your bundt tin a third of the way, adding fruits, herbs and spices which enhance your chosen drink. Freeze until firm, then repeat to almost fill the tin. Freeze until required, then dip the tin briefly

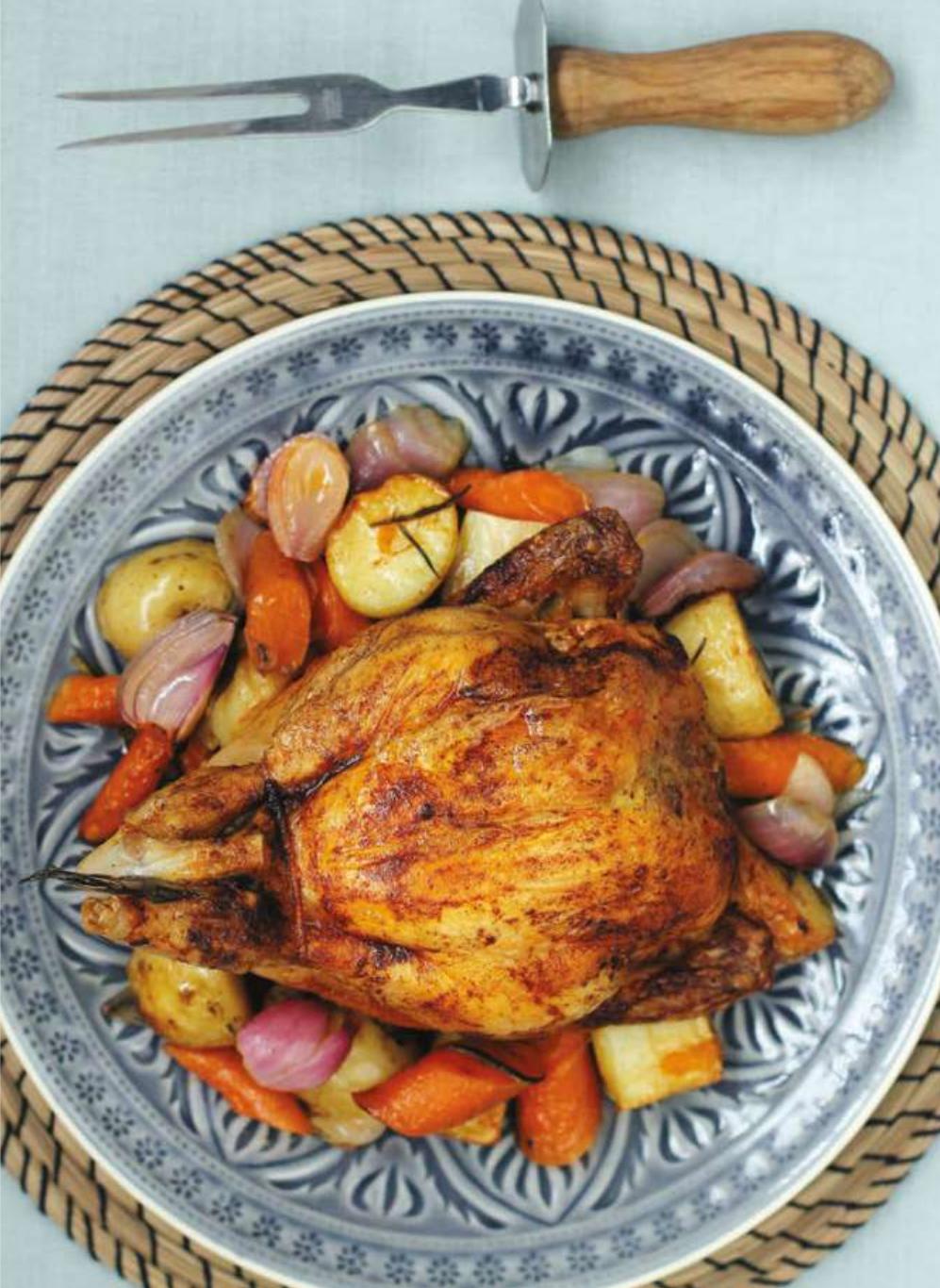
in hot water, turn out, and add the wreath to your punch.

SAVOURY TERRINE A deliciously-retro moulded terrine is a lovely buffet centrepiece. Coat the inside of a simply-patterned tin with non-stick cooking spray. Smooth mixtures show off the tin's decoration best - try layering gelatine-laced salmon, asparagus, and goat's cheese mousses, setting each layer before adding the next one. Chill, turn out, and serve with *crudité*s piled in the centre.

Show us yours!

Tried the tricks? Share the results with Good Things on our social media channels...
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INSTAGRAM @goodthingsmagazine





Smoked paprika & rosemary bundt tin chicken roast

SERVES 4

Ingredients

- 500g potatoes, cut into chunks and parboiled
- 250g mixed root vegetables of choice, cut into chunks and parboiled
- 2 red onions, chopped into wedges
- a little olive oil
- 2 cloves garlic, lightly crushed
- a few sprigs of fresh rosemary
- salt, to taste
- 1 x 1.5kg chicken
- smoked paprika, to taste
- 1 lemon, juice only

Method

Preheat the oven to 190C.
 Toss the parboiled potato and root vegetable chunks and the onion wedges in a little olive oil with the garlic and rosemary, season, and spread evenly in the tin.
 Rub the chicken skin with olive oil, salt, and smoked paprika and sit it upright with the cavity over the bundt tin's funnel.
 Place the bundt tin in a roasting tray with the lemon juice and 200ml of water and roast in the oven for around 1 hour until the chicken skin is crisp, the juices run clear when the thigh is pierced, and the vegetables are cooked.
 Remove the bundt tin from the oven and set aside to rest for 10-15 minutes, loosely covered with foil.
 When ready to serve, take the whole thing to the table and serve directly to guests for maximum 'wow' factor.

Gourmet sausages

With the right ingredients, sausages and mash can be transformed from 'quick dinner' to 'dinner party-worthy'. When it comes to the very best British bangers, Thomas Hobbs knows where it's at

As an adult with a discerning palate, I recently realised that the keenness of my childhood friends to come back for dinner was as much motivated by the prospect of my mum's brilliant rendition of sausages and mash as the company of yours truly. Years later, I forgive them – after all, a great British sausage is a beautiful thing. If you're looking to get the crowds rushing through your doors, you need the best bangers in town...



NEXT
MONTH,
Thomas tests...
Beautifully-spiced
classic carrot
cakes

1.Best traditional

The Ginger Pig's Traditional Pork sausage
£10.50 per kilo from thegingerpig.co.uk

A Good Thing? Indeed - the care that's gone into this sausage is apparent with every bite. It has a great flavour of garlic and herbs.

1



2.Best wild meat

Lidgate's Venison sausage
£6.50 for six from lidgates.com

A Good Thing? Along with Yorkshire venison shoulder, the blend contains a little pork to enhance the deep, rich game-y flavour. With a backdrop of juniper and red wine, this is about as elegant as a sausage can get.

4.Best for hot-heads

The Ginger Pig's Beef & Chilli sausage
£10.50 per kilo from thegingerpig.co.uk

A Good Thing? This one proves pork isn't always best. After an initial smokiness, a whack of chilli means it turns hot rapidly.

3.Best for breakfast

Turner & George's The Breakfast Pig
£12 per kilo from Selfridges or turnerandgeorge.co.uk

A Good Thing? This is a real sausage; no unnecessary flavours or quaint design. Made from juicy rare-breed pork belly - perfect for breakfast.



2



3



4



5



Never be foiled again

Unlike other foils, Bacofoil has a non-stick coating (the dull side) so your food will slide off the foil as easily as it went on.



bacofoil.com

The one with the non-stick coating

Read It & Eat Homemade Memories

Childhood Treats With A Twist

The premise for *Homemade Memories: Childhood Treats With A Twist* came from author Kate Doran noticing that the most popular recipes on her blog, *The Little Loaf*, were the dishes she'd loved as a child. Resonating strongly with readers, her own family favourites evoked powerful food memories in her audience. Her own memoirs seemed to strike a common chord, conjuring similar memories in her readers and enticing them to master the recipes that she shared.

You can't underestimate the allure of that 'nostalgia factor' - and *Homemade Memories* knowingly distils it into a captivating collection that features eighty brand-new recipes as well as a scattering of Doran's most popular blog recipes – the ones it would have been nothing short of criminal to exclude.

Doran urges us to close our eyes and imagine our favourite childhood treat in all its glory, using every single sense. By recalling a food's appearance, aroma, flavour and mouthfeel, you're instantly transported back in time;

to family meals and school dinners, birthday parties and summer picnics, or long days on the beach or at the park. And of course, a fond memory is reinforced further when you go beyond imagining and actually make and enjoy the dish that called it to mind.

Broadly, Doran's recipes fall into two categories – classic comfort puddings inspired by her mum and granny, encompassing cakes, crumbles, buns and jellies; and homemade versions

Butterscotch Devil's Delight
- a heavenly pudding

of shop-bought indulgences like Angel Delight, Fruit Pastilles, Jaffa Cakes, and Milky Ways. Chapters cover Crumbs (biscuits), Sticky Fingers (hand-held treats that are guaranteed to leave your fingers covered in sugar, chocolate, icing or syrup), Cakes, Puddings, Ice Creams, Midnight Feasts (including all those chocolates and sweets well-worth staying up late for) and Drinks.

Don't let your sugar rush cause you to overlook the last chapter of 'Little Loaf Basics', because to do so would see you miss out on

Doran's favourite bread recipe, not to mention homemade peanut butter, lemon curd, fruity jam, hot chocolate fudge sauce, and even scratch-made vanilla extract. Throughout the book, recipes are helpfully prefaced with tips and explanations on core ingredients and key equipment, helping you to increase your kitchen savvy as you browse the tempting treats.

In her introduction, Kate ponders the irresistible appeal of homemade treats, and comes to the conclusion that the reasons are threefold. Firstly, it's hard to beat the taste and smell of freshly-made goodies – especially when you get to lick every last scrap from the mixing bowl and enjoy a home filled with tantalising baking aromas. Secondly, home cooking from scratch allows mindful consumers to keep items free from preservatives, colourings and other hidden ingredients, and to eschew unnecessary and often environmentally-unfriendly packaging. The final factor in the equation is sheer personal satisfaction; revelling in the pleasure of making and eating delicious food you may (or may not!) share with loved ones. The book's enticing photography is a distraction, albeit not an unwelcome one.

Homemade Memories is destined to be filled with makeshift bookmarks flagging personal favourites. With her book, Doran has achieved her aim of injecting a bit of childhood magic back into what we eat; evoking memories 'to savour long after the last crumb has been cleared away.'

Homemade Memories: Childhood Treats With A Twist by Kate Doran, published by Orion Books
RRP £18.99



Kate Doran taps into an appetite for childhood nostalgia in her cookbook



Images by Helen Cathcart

Pear & pecan treacle tart

SERVES 8-10

Ingredients

FOR THE PASTRY:

- 100g butter, softened
- 1 tbsp caster sugar
- 1 egg yolk
- 75g plain white flour
- 75g wholemeal spelt flour
- pinch salt

FOR THE FILLING:

- 115g slightly stale brown bread, crusts on unless especially gnarly, homemade or shop-bought
- 350g golden syrup
- 1 small pear, skin-on, cored
- 90ml double cream
- 1 egg yolk
- 2 tsp lemon juice
- pinch salt
- 100g pecan halves

Method

In a stand mixer fitted with the paddle attachment or using a hand-held electric mixer, cream the butter and sugar together for about 1 minute until just smooth. Add the egg yolk and mix until combined, then add the flours and salt, mixing until the dough just comes together in a ball. If it feels very soft, wrap the dough in cling film and chill for 5 minutes. Use your fingertips to press it straight into a 3-4cm deep, 23cm round tart tin with a removable base, ensuring the thickness is even throughout. Prick all over with a fork and freeze for 1 hour.

Preheat the oven to 190C/170C fan/375F/Gas Mark 5. Take the tart shell out of the freezer and bake for 10 minutes: if it has puffed up slightly, gently push it flat with the back of a spoon then continue baking for a further 12-14 minutes until lightly golden. Remove from the oven and set aside to cool completely. Reduce the oven temperature to 170C/150C fan/335F/Gas Mark 3.

To make the filling, blitz the bread to fine crumbs in a food processor. In a large saucepan, gently heat the golden syrup. Coarsely grate the pear then stir into the syrup along with the breadcrumbs. Remove from the heat and add the cream, egg yolk, lemon juice and salt, stirring well to combine.

Place the tart shell on a baking tray and pour in the filling. Arrange the pecans over the top then bake for 50-55 minutes until golden round the edges and set in the middle. Remove from the oven and leave to cool completely at room temperature (it will firm up as it cools).

This tart tastes even better 24 hours after baking and it will keep in an airtight container for 2-3 days.

*Recipe extracted from **Homemade Memories: Childhood Treats With A Twist** by Kate Doran, published by Orion Books
RRP £18.99*





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Home to great cooking

Ashburton Top Class Cookery school

**Looking to totally reinvent your culinary repertoire?
This month, Safrina Nishad reviews a residential cookery course
at a school set in the beautiful Devon countryside**



There's nothing so uninspiring as cooking the same old recipes day in, day out. And when I checked in to Ashburton Cookery School for the five-day residential 'More Intermediate' cooking course, most of my fellow students seemed plagued by the same issue. Seeking to invigorate my cooking, I embarked on this hands-on course, hoping to add new skills to my culinary repertoire.

Located in the middle of the busiest road in Ashburton, a Devonian town on the tip of Dartmoor, the school is divided into three main complexes that are a short walking distance away from each other, with specific courses assigned to each premises. The little West Country town is blessed with both rolling views and abundant local produce – and the chefs conducting the course make beautiful use of the latter.

Under the tutelage of two incredibly experienced chefs, just some of the topics we covered over the five days were basic knife skills, filleting fish and poultry, preparing seafood, sauces, and pasta-making. We benefitted greatly from our tutors'

diverse culinary backgrounds - Ross Tregidgo worked his way up from the age of fifteen to become Chef de Partie at Peter Gordon's Michelin-starred Devon restaurant, Horn of Plenty; whilst Thomas Ewings developed his cheffing career around the globe, working in New Zealand, France and the UK.

"Throughout the course, we gleaned essential tips that will transfer to everyday life in the kitchen"

Each day at Ashburton Cookery School is neatly planned out; a printed menu and additional in-depth notes on the day's produce forming the basis of a theory class which precedes the practical session. The latter is divided evenly into demos, partnered cooking, and individual sessions, giving students plenty of room to learn the various aspects of a skill.

Throughout the course, we gleaned essential tips like adding vegetables at the final stage of meat stock and simmering fish stocks for no longer than thirty minutes to prevent bitterness. On the last day, we even rolled and decorated our own chocolate truffles to take home.

Tutors were keen to dispense tips and tricks throughout the course, teaching us precise cooking

Each day at Ashburton Cookery School is well-planned



Risotto with saffron, wild mushrooms & pears

SERVES 2

Ingredients

FOR THE RISOTTO:

- a pinch of saffron threads
- 500ml vegetable stock
- 50g unsalted butter
- 50g onion, chopped
- 100g Carnaroli rice
- 100ml dry white wine
- 1 small ripe pear, peeled, cored and evenly chopped
- 25g parmesan, grated
- salt and pepper, to taste

FOR THE MUSHROOMS:

- a little unsalted butter
- 1 clove garlic, finely chopped
- 100g fresh mixed wild mushrooms, washed and prepared
- grated parmesan

Method

Toast the saffron in a pan over a medium heat for approximately 2 minutes, add all the stock, and allow it to infuse. Meanwhile, melt half the butter in a heavy-bottomed saucepan set over medium-low heat. Chop the remainder into cubes and reserve for finishing the dish. Add the chopped onion and cook, without colouring, until softened. Add the rice to the onions and continue to cook for 2 minutes. Add the white wine and cook out, stirring all the time, until it evaporates. Add the saffron stock a little at a time, continually stirring and allowing the rice to absorb the liquid before adding more. When all the stock has been added (around 15 minutes cooking), the risotto should have the consistency of rice pudding. Add the chopped pears, grated parmesan, and the reserved butter cubes. Season to taste, and transfer to bowls. Heat a little butter in a frying pan and quickly fry the garlic and mushrooms. Drain on kitchen paper, spoon the mushrooms on top of the risotto, and finish with parmesan.

Recipe courtesy of Ashburton Cookery School ashburtoncookeryschool.co.uk



Students leave a course at Ashburton with invaluable skills

Top five skills learned

- ✓ Filleting flat and round fish
- ✓ Poaching and soft-boiling quail's eggs
- ✓ Cooking meat with a pink centre
- ✓ Rolling and cooking fresh pasta
- ✓ Plating restaurant-quality dishes

times and how to adapt and store dishes properly. Interestingly, we discovered that vegetables that grow below the ground should be cooked in cold liquid, whilst those that are grown above the ground need to be cooked in hot liquid.

In our class of ten, each student had a pressing question each time the tutor's knife was wielded, and chefs responded patiently and with humour, warmth, and charm.

If you take the option of onsite accommodation and breakfast, there's more time in the mornings for a leisurely pot of tea. As if the meals we cooked weren't good enough to feed our gluttony, breakfast was an elaborate affair on its own; comprising local cheeses, muesli and poached eggs on toast. Lunch was accompanied by organic fruit pressés, and dinner by wine.

Each day ended decadently as we polished the dessert of the evening in the cosy dining room with 'oohs' and 'aahs'. The best part? The satisfaction of sitting with new friends, enjoying a beautifully-plated, well-cooked meal that we'd made ourselves - proudly and entirely from scratch.

Top Class? ★★★★

More information...

Ashburton Cookery School, Old Exeter Rd, Ashburton, Devon TQ13 7LG
ashburtoncookeryschool.co.uk

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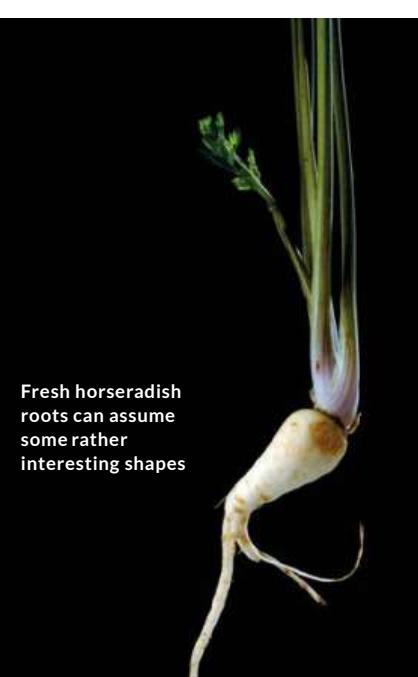
www.AshburtonCookerySchool.co.uk

Ashburton Cookery School, Old Exeter Road, Ashburton, Devon TQ13 7LG. Tel: 01364 652784.

Entertaining

Love Horseradish? Meet wasabi

If the sinus-stinging, sweet heat of horseradish already has your heart, Kavita Favelle warns that you'd better prepare to be seduced by its Japanese cousin



Whether slathered on a quiveringly-pink slab of medium-rare roast beef, used to bind smoked salmon to a fluffy blini base, or adding extra punch to a Bloody Mary, the sweet, pungent heat of horseradish is irresistible.

Although hailing originally from Eastern Europe, horseradish – a root in the *brassica* family – was long ago enthusiastically adopted as a quintessentially British ingredient. Grated and preserved with vinegar, and often made richer with cream, most larders contain a jar of the ready-made stuff – though some brave souls prefer to make it fresh.

In the Middle Ages, Tewkesbury Mustard was made extra-pungent with the inclusion of horseradish. The recipe blended it with finely-ground mustard seeds, before the mixture was dried for preservation and transport. To eat it, you'd mix it to a paste with a liquid such as water, vinegar, beer or fruit juice. If you liked things sweeter, you might also add a little honey. For millennia, horseradish has remained justly popular. But now, wasabi, another fiery, more exotic brassica from the East, is commanding our culinary attention – and, what's more, it's now grown

and harvested in Britain. If you're a heat-seeker, you need to get a taste. Wasabi, a Japanese native, has been making a big splash in the UK for a while, but the British-grown kind is brand new.

Although you'll often see references to 'wasabi roots', it's actually the thick, gnarly, ribbed

submerged stem that's used as a condiment. In Japan, its natural habitat is the shaded fast-flowing mountain streams of the south. Notoriously difficult to grow, wasabi cultivation is limited to only a few regions around the country, although ingenious Japanese farmers have expanded yields by creating shallow gravel beds through which they divert mountain river water.

Here in the UK, The Wasabi Company has successfully transplanted wasabi to Dorset, making use of mineral-rich

spring water from artesian springs to recreate indigenous growing conditions, and adapting techniques perfected for growing watercress. During the two years it takes to mature the pesticide-free plants prior to harvesting, sun, shade and water flow levels are carefully-controlled. When customers receive a freshly-cut rhizome, it will last for two weeks in the fridge, kept wrapped in damp paper towels or muslin.

Like horseradish root, the wasabi stem – or rhizome – is finely-grated and commonly served alongside sushi.

Images by iStock

How to eat it

A slick of wasabi on your sushi is always welcome, but how else to enjoy it?

1. Like horseradish, wasabi is great mixed with mayonnaise, cream, or crème fraîche for a quick and easy dip or sauce. Try it with smoked salmon and sour cream canapés.

2. Switch to wasabi instead of mustard in a vinaigrette for the perfect salad dressing – excellent over seared tuna and crunchy green beans or mixed green leaves.

3. Mix with honey and soy sauce for a delicious marinade, perfect on lamb chops cooked

on the barbecue or under a very hot grill.

4. Add to minced beef for homemade burgers with a kick, or simply smear some wasabi mayo onto the cooked burger when assembling it.

5. Stir wasabi into mashed or puréed peas and serve with traditional fish and chips or plump fresh scallops.

6. Use wasabi instead of Tabasco or horseradish to add heat to a Japanese-inspired Bloody Mary. For a double dose, try our featured recipe of ribeye steak with wasabi butter and wasabi aioli – a delicious new idea for those who like horseradish with their beef.



Farms are carefully planted to ensure maximum yield of modish wasabi

If you love that eye-watering, nose-tingling quality, eat it freshly-prepared. The chemical compound that gives horseradish, mustard and wasabi their distinctive sinus-clearing heat is very volatile, rapidly losing its flavour if left uncovered. Dine at a high-end restaurant, and you shouldn't have a problem - most prepare wasabi paste to order for each customer.

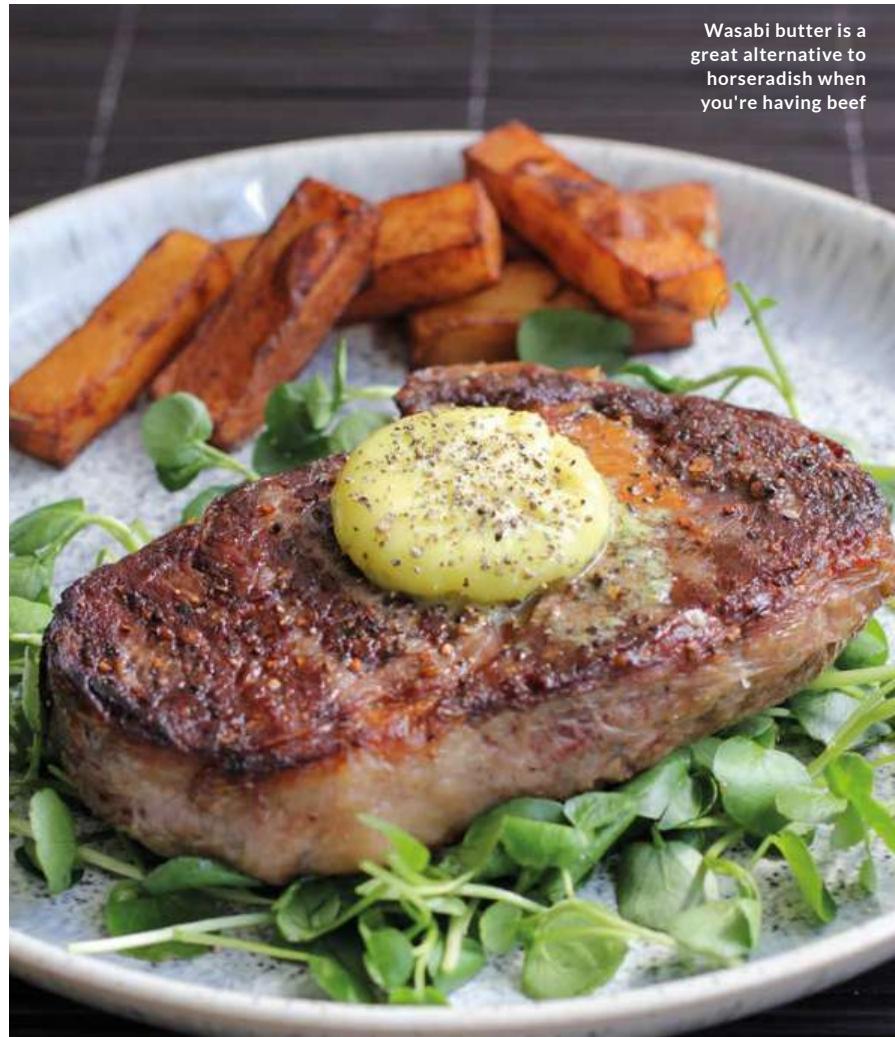
"Most high-end restaurants prepare wasabi paste to order for each customer"

Fresh wasabi is an expensive luxury, but the subtle natural sweetness that counters its intense pungency is compelling and delicious. The

alternatives - long-life wasabi pastes or powders - lack the purity of flavour of their fresh counterparts. Indeed, some contain very little actual wasabi, and are bulked up with cheaper horseradish, mustard and green colouring. This is where it's worth reading the label, as the ingredients list will clarify the volume of wasabi – and the more, the better.

Get a taste

Fresh wasabi: The Wasabi Company thewasabicompany.co.uk
Wasabi paste and powder: Japan Centre japancentre.com



Wasabi butter is a great alternative to horseradish when you're having beef



Ribeye steak with wasabi butter & wasabi aioli

SERVES 2

Ingredients

FOR THE WASABI BUTTER:

- 1-2 tsp freshly grated wasabi (to taste)
- 50g butter, slightly softened

FOR THE STEAKS:

- 1 tbsp olive oil
- 2 x 180-200g, 2-3cm-thick ribeye steaks
- sea salt and freshly ground black pepper, to taste

FOR THE AIOLI:

- 2 tbsp good-quality mayonnaise
- 1 small clove garlic, crushed
- 1-2 tsp freshly grated wasabi (to taste)

TO SERVE:

- freshly cooked chips
- 2 generous handfuls of watercress

Method

For the wasabi butter, beat the wasabi into the softened butter. Wrap in clingfilm, rolling tightly into a barrel shape. Refrigerate for 30 minutes, so that it is cold enough to slice. For the steaks, heat the oil in a heavy-bottomed frying pan until smoking hot. Season the steaks, then lay them in the pan and fry, undisturbed, on one side for 2-3 minutes. Flip over and fry on the other side for a further 2-3 minutes. Remove the meat from the pan and allow to rest on a warm plate tightly covered in foil. Whilst the steak is resting, prepare the wasabi aioli – mix together the mayonnaise, crushed garlic, and wasabi. Serve the steaks with a slice of wasabi butter melting on top.

Recipe courtesy of The Wasabi Company thewasabicompany.co.uk

Home dining day

TEA'SUP!

There's something willfully wanton about afternoon tea; an extravagance entirely unconstrained by conventional mealtimes. And who better to rustle up a thoroughly modern menu than the century-old, ever-evolving Women's Institute?

You can keep your 'jam and Jerusalem'. The Women's Institute didn't get to the ripe old age of one hundred without moving with the times. It's almost impossible to pin down today's 'typical member', and branches attract females of all ages, professions, and cultures. For all their diversity, these savvy women

"These savvy women have fingers on the pulse & tongues often in cheek"

sword fight. And, as you'd expect, the organisation is an authority when it comes to the time-tested yet trendy tradition of afternoon tea. A century on, the WI is a national treasure that's still shining. What better way to celebrate its centenary than with the Institute's own marvellously-modern, deliciously social spread?



Fête accompli?

Love our recipe spread, curated by cookery writer Mary Gwynn - the force behind *The WI Cookbook*? Meet her at the WI Centennial Fair, where you can shop for home and garden wares, artisan food and drink, and hand-crafted jewellery, and explore demos, seminars and workshops. We recommend cooking with *Great British Bake Off* finalists in The Live Kitchen Theatre and letting travel and lifestyle stories from the likes of Bill Oddie, Dr. Hilary Jones, and *Telegraph* beauty journalist Kate Shapland inspire your own adventures.

**WI Centennial Fair Harrogate International Centre
3rd-6th September thewishow.com**

all have their fingers firmly on the pulse and their tongues often in cheek. Sample member activities include studying the history of lingerie, the art of pole dancing, and how to hold one's own in a

1. Apple, Stilton & thyme bruschetta

SERVES 6 AS A STARTER OR 12 AS A CANAPÉ

Ingredients

- 1 flavoursome eating apple
- 1 tbsp lemon juice
- 75g blue Stilton, cubed
- ½ tsp fresh thyme leaves
- ½ tsp chopped fresh chives
- black pepper, to taste
- 2 small baguettes, cut into slices
- 3 tbsp onion marmalade

Method

Preheat the oven to 180C. Heat 1 tbsp of the oil in a frying pan over a low heat and cook the onion, red pepper and garlic until soft and cooked. Add the remaining oil to the pan and gently fry the mushrooms until soft and browned. Stir in the red wine, stock, cranberry sauce, and seasoning, and simmer for 10-15 minutes until reduced to a thick syrup. While the sauce is reducing, slice the tops from the brioche rolls and scoop out the bread from inside with a spoon. Bake in the oven for 5 minutes to crisp the shells. Spoon the mushroom mixture into the brioche shells, and serve immediately.

Method

Preheat the oven to 180C. Heat 1 tbsp of the oil in a frying pan over a low heat and cook the onion, red pepper and garlic until soft and cooked. Add the remaining oil to the pan and gently fry the mushrooms until soft and browned. Stir in the red wine, stock, cranberry sauce, and seasoning, and simmer for 10-15 minutes until reduced to a thick syrup. While the sauce is reducing, slice the tops from the brioche rolls and scoop out the bread from inside with a spoon. Bake in the oven for 5 minutes to crisp the shells. Spoon the mushroom mixture into the brioche shells, and serve immediately.

3. Chicken mousse with peas and tarragon

SERVES 4-6

Ingredients

- 100g green peas
- 225g cooked chicken breast
- 1 small lemon, juice and zest of
- 1 tbsp chopped fresh tarragon
- 3 tbsp mayonnaise
- 1 tsp Dijon mustard
- 3 tbsp whipped double cream
- salt and freshly ground black pepper
- red and white chicory leaves, to serve
- chopped chives, to garnish

Method

Cook the peas in boiling water for 2-3 minutes until tender. Drain and refresh under cold running water to keep the colour. When cold, pat dry with kitchen paper. Remove any skin from the chicken and discard. Cut the meat into small pieces and place in a food processor with the lemon zest and juice, tarragon, mayonnaise and mustard. Process until finely chopped to

2. Mushroom brioche

SERVES 4

Ingredients

- 2 tbsp olive oil
- 1 red onion, sliced
- 1 red pepper, deseeded and diced
- 1 garlic clove, crushed
- 175g chestnut mushrooms, sliced
- 115g button mushrooms, halved
- 50g shiitake mushrooms
- 150ml red wine
- 150ml vegetable stock
- 2 tbsp cranberry sauce
- salt and freshly ground black pepper
- 4 brioche rolls

Home dining day: Tea's up!



Lavender adds a new dimension to classic shortbread



4

form a smooth mousse. Add the peas and pulse to mix into the mousse, but don't overwork. Fold in the whipped cream. Season to taste and chill until needed. To serve, place spoonfuls of the mousse on to the stalk ends of the chicory leaves. Arrange on a serving platter and scatter with chopped chives.

4. Lavender shortbread

MAKES 30-35, DEPENDING ON SIZE

Ingredients

- 125g lavender sugar, plus extra for sprinkling (available from selected retailers)
- 250g butter
- 325g plain flour
- 50g ground rice

Method

Sieve the sugar into a large mixing bowl to remove the lavender seeds. Add the butter and cream together until the mixture is much paler in colour.

Sieve the flour and ground rice together and add to the bowl. Work the mixture together until it comes to a dough, first with a spoon, then bringing it together with your hands. Chill for 15-30 minutes.

Roll out the dough to just over $\frac{1}{2}$ cm thick and carefully cut into pieces with a knife or cookie cutter. Prick each shortbread with a fork and chill the pastry for 15 minutes.

Preheat the oven to 160C.

Place on a greased baking sheet and sprinkle with a tiny amount of lavender sugar. Chill for 15 minutes, then bake for 15-20 minutes until just pale golden.

Remove from the oven and cool for 5 minutes before lifting onto a cooling rack and sprinkling with lavender sugar. Allow to become quite cold before eating.

5. Gypsy creams

MAKES 16

Ingredients

FOR THE FILLING:

- 25g butter
- 50g icing sugar, sifted
- 1 tbsp cocoa powder
- few drops vanilla extract

FOR THE BISCUITS:

- 50g butter
- 50g lard
- 50g caster sugar
- 100g self-raising flour, sifted
- 1 tbsp cocoa, sifted
- 50g rolled oats
- 2 tbsp golden syrup dissolved in 1 tbsp hot water



5



"The WI has the authority when it comes to afternoon tea"



Method

Preheat the oven to 180C. For the filling, mix all ingredients together in a bowl until smooth. Reserve until required. For the biscuits, cream together the butter, lard and sugar until pale and fluffy then slowly work in the flour, cocoa, oats and golden syrup. Roll the mixture into balls the size of a large cherry. Place on greased baking sheets and flatten with a fork dipped in water to stop it sticking to the dough. Bake for 20–25 minutes until puffy and set – you may need to reduce the oven temperature if the biscuits brown too quickly. Allow to cool completely, then use the filling to sandwich the biscuits together in pairs.

6. Brazil nut and apricot bread

MAKES ONE 900G LOAF

Ingredients

- 450g strong white bread flour
- 1 tsp salt
- 25g butter
- 25g caster sugar
- 1 tsp easy-blend dried yeast
- 100g soft apricots, roughly chopped
- 75g Brazil nuts, roughly chopped
- 200ml hand-hot water
- 150ml hand-hot milk

Method

Sift the flour and salt into a large mixing bowl and quickly rub in the butter with your fingertips. Add the sugar and yeast. Stir in the apricots and nuts. Mix the water and milk and add to the dry ingredients. Stir together to form a soft, smooth dough. Turn the dough onto a lightly floured work surface and knead until smooth and elastic. Place in a clean oiled bowl and cover with cling film. Leave in a warm place until doubled in size. Turn the dough onto a floured surface and knock out the air. Knead quickly until smooth then shape and fit into a 900g greased loaf tin, or shape the dough into a loaf by hand. Cover with oiled clingfilm and leave to rise for 30 minutes or until doubled in size. Preheat the oven to 230C. Bake for 10 minutes, then reduce the temperature to 200C and bake for a further 15–25 minutes until golden and hollow-sounding when tapped on the base. Transfer to a wire rack and allow to cool.

All recipes courtesy of the Women's Institute, adapted by Mary Gwynn, curator of *The WI Cookbook: The First 100 Years*, published by Ebury Press thewi.org.uk



WE ARE DEDICATED TO THE BEST LOOSE LEAF TEAS

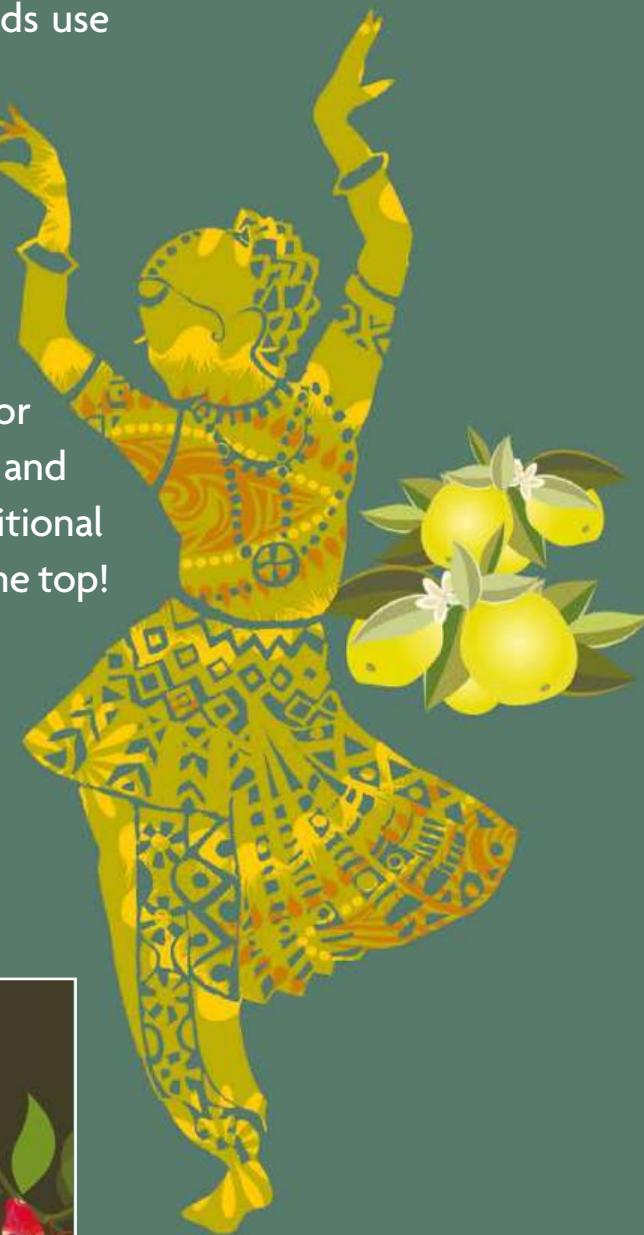
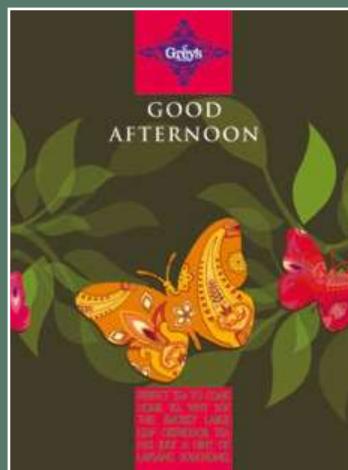
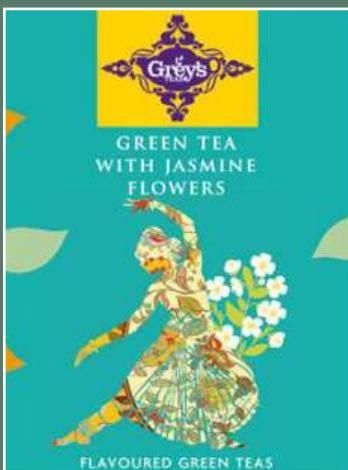
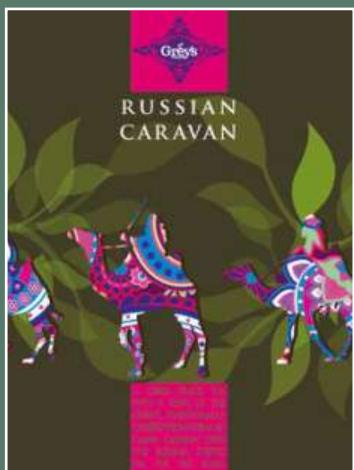
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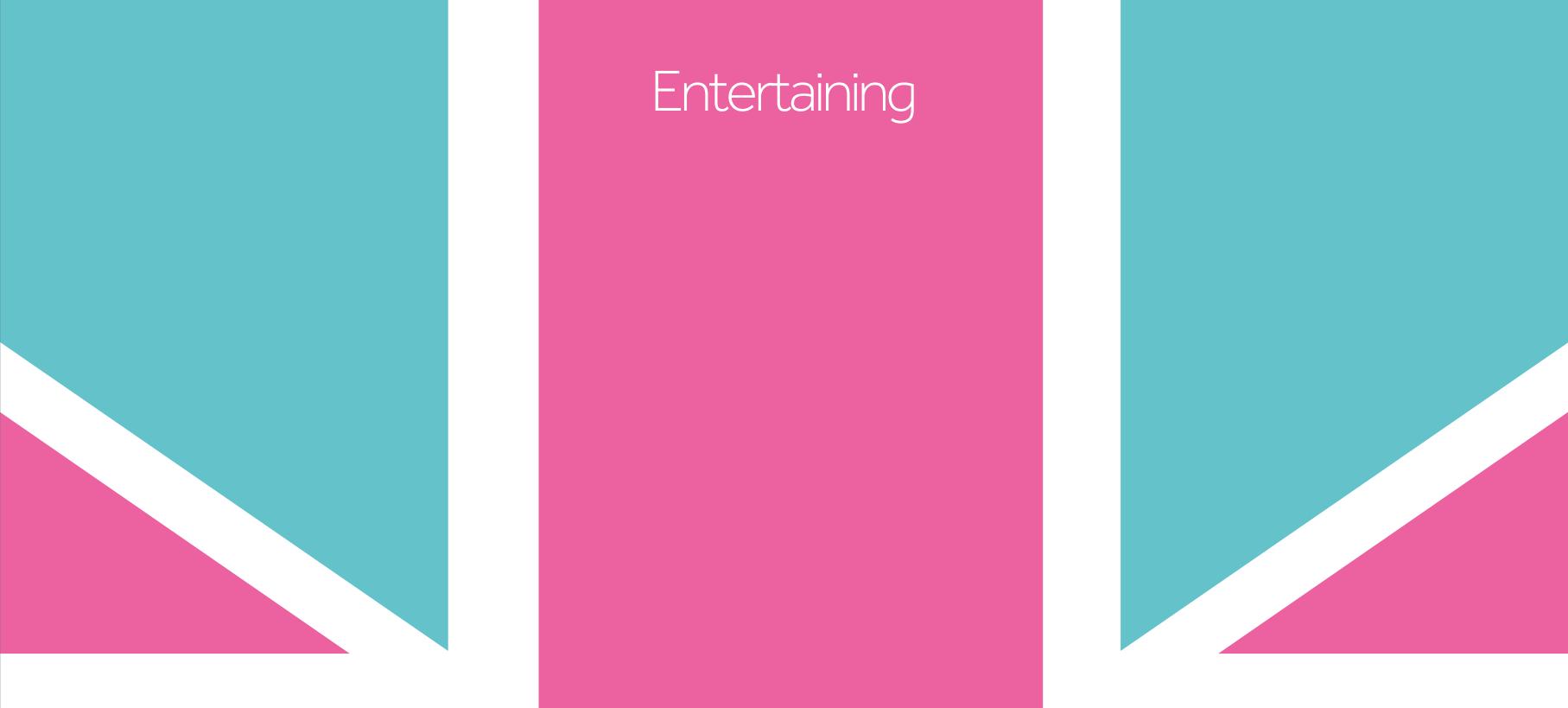
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Entertaining

..... *Home dining night*

BEST OF BRITISH

In an issue celebrating all things British, it seemed only right to ask four of the country's best chefs to curate a dinner party menu in celebration of the onset of autumn – and to have each course expertly-paired with a British wine.

Gather your friends and family, dig in, and enjoy...





Starter

1. Dan Doherty's Roasted artichokes with Caerphilly crumble

SERVES 4 AS A STARTER

Ingredients

FOR THE CONFIT SHALLOTS AND GARLIC:

- 300ml olive oil
- pinch of salt
- 5 banana shallots, finely diced
- 3 heads of garlic, broken into cloves

FOR THE DISH:

- 4 globe artichokes
- 1 lemon
- 4 rashers of smoked streaky bacon, cut into 1cm pieces
- 1½ tbsp confit shallots and garlic
- 4 slices of white bread, crusts removed, cut into 1cm cubes
- 100g Caerphilly cheese, crumbled
- 1 sprig of fresh parsley, chopped
- 1 leaf of fresh chives, chopped
- olive oil
- freshly ground black pepper

Method

For the confit, put the oil, salt, shallots and garlic into a saucepan and heat gently for 30 minutes, or until the shallots and garlic are soft with no colour. This will keep, covered with the oil, for up to a week and is great to use on its own, on pizza or salads.

For the dish, set up a steamer ready for the artichokes.

Trim the end of each artichoke, about 5cm down (not the stalk end, the bulbous end). Cut the lemon in half and rub the area of artichoke you cut to prevent it going brown, then continue to do so every time you make a cut. Trim the outside leaves to make them square, not pointy. Peel the stem of each artichoke with a peeler or a knife, then cut about 2cm from the artichoke heart and discard. Cut the artichokes in half and then, with a spoon, scoop out the centre feathery bit and the smallest leaves.

Put the artichokes into the steamer and steam for 20 minutes.

For the stuffing, cook the bacon in a frying pan until the fat comes out, then add the confit shallots and garlic. Add the bread cubes – the idea is that the bread absorbs the fat, which essentially contains the flavour. Allow the bread to take a little colour at this stage too. Transfer the contents of the pan to a mixing bowl and add

the cheese and herbs.

Preheat your oven to 180C.

Put 2 tablespoons of the stuffing mix into the centre of each artichoke, where you removed the inner leaves. Drizzle with olive oil and a twist of black pepper, and place in the oven for about 10–12 minutes, or until nice and browned.

Earthy artichoke with salty bacon, cheese and crisp breadcrumbs

Recipe courtesy of Dan Doherty, Executive Chef at Duck & Waffle duckandwaffle.com

WHAT TO DRINK

Limney Estate Sparkling
Davenport Vineyards, East Sussex

There is nothing like starting a meal with a glass of fizz! The crisp acidity in this one pairs beautifully with the salty bacon and cleanses the palate from the lingering taste of the crumble. Aged on lees for three years, it has beautiful balance between yeasty flavours and Pinot Noir character.

2. James Sommerin's Monkfish with fennel butter emulsion

SERVES 4

Ingredients

FOR THE PARSLEY PURÉE:





Fish course

- 50ml water
- fresh flat-leaf parsley
- 25ml rapeseed oil
- ¼ tsp salt

FOR THE BUTTER EMULSION:

- 10g fennel seeds
- 2 tbsp water
- 100g salted butter

FOR THE DISH:

- 1 tbsp olive oil
- ½ tbsp butter
- 800g monkfish tail
- 400g tenderstem broccoli
- salt and pepper, to taste

Method

For the purée, bring the water to the boil in a small saucepan, add the parsley, and cook for 3 minutes. Drain and refresh the parsley in iced water until chilled. Drain again and squeeze out the remaining water with a tea towel. Blend the parsley with the oil and salt for 5 minutes before passing through a fine sieve. Reserve until required.

For the butter emulsion, toast the fennel seeds in a dry pan over a medium heat until aromatic. Set aside. Heat the water over a low heat and when warm, slowly add the butter bit by bit, stirring continuously. When the butter is fully incorporated, add the fennel seeds and stir for 2 minutes. Reserve until required.

Place a large frying pan over medium heat. Add the oil and a knob of butter. When the butter sizzles, add the fish and cook until

golden-brown before flipping and cooking for a further 2 minutes. Season to taste. Meanwhile, bring a large pan of salted water to the boil, add the tenderstem broccoli, and cook for 3 minutes. To serve, reheat the purée and emulsion. Slice the fish into 4 equal pieces and plate, topped with the butter emulsion. Serve, with the broccoli on the side and the parsley purée drizzled over.

Recipe courtesy of James Sommerin, Chef-Patron at Restaurant James Sommerin jamessommerinrestaurant.co.uk

WHAT TO DRINK

Estate Reserve Coleridge Hill
Three Choirs, Gloucestershire

Crisp and lively, this white wine pairs well with rich meaty fish. With a soft, floral aroma of elderflower and nettle and a hint of fresh peach, its stony mineral backbone and fresh stone fruit lift the richness of the butter sauce and leave the drinker with an abundance of clean flavours.

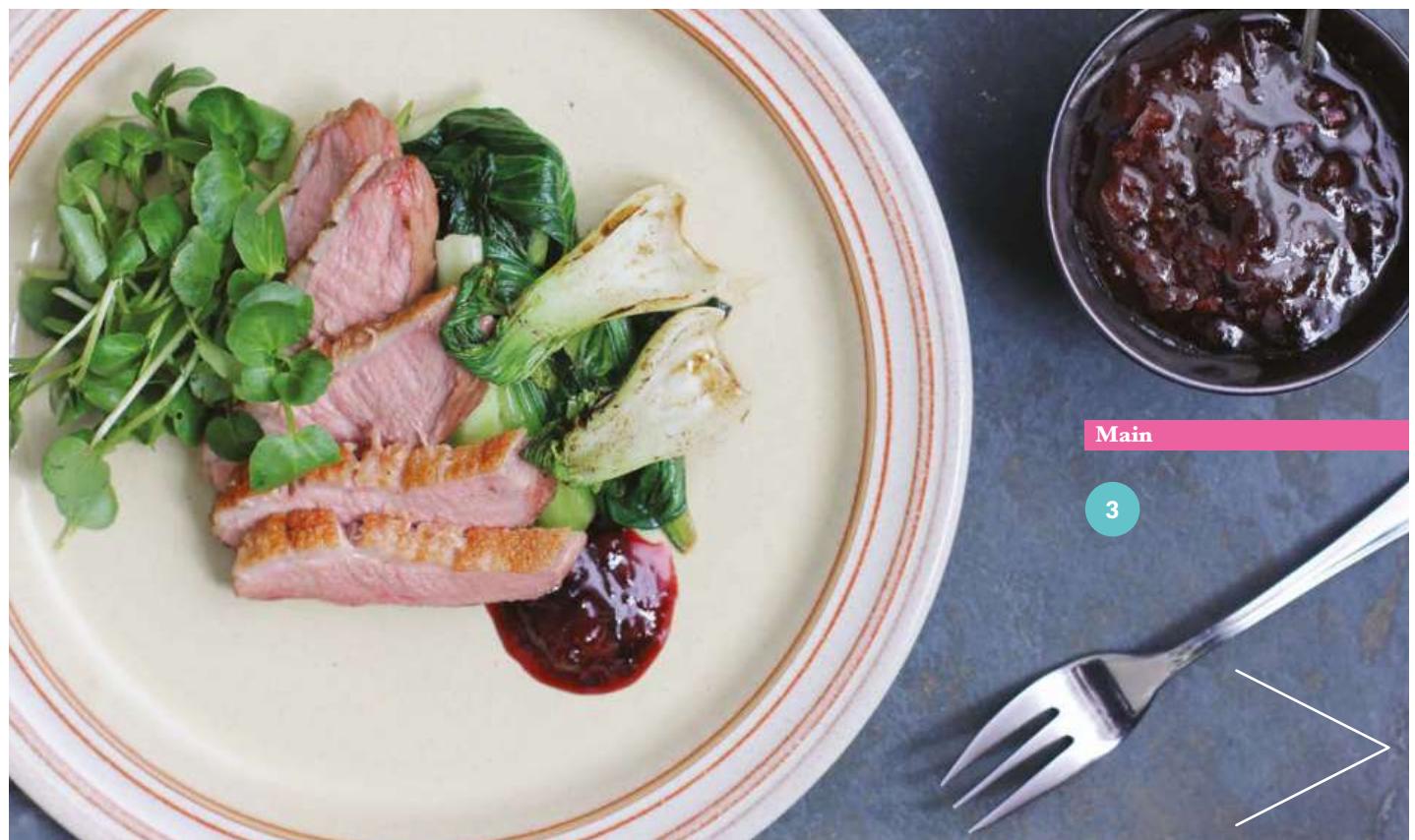
3. Glynn Purnell's Duck with spiced plum jam, pak choi and watercress

SERVES 4

Ingredients

FOR THE PLUM JAM:

- 200g caster sugar



Main

3



Dessert

- 200g white wine vinegar
- 1 medium chilli, chopped
- 2 cloves garlic, sliced
- a squeeze of lime juice
- a pinch of chilli powder
- a splash of soy sauce
- 6 plums, chopped
- 1 tbsp chopped fresh coriander
- salt and ground ginger, to taste

FOR THE DISH:

- 4 duck breasts
- leaves from 2 heads of pak choi, each cut in half lengthways
- salt, to taste
- handful of watercress, torn

Method

For the plum jam, place the sugar and vinegar in a saucepan over medium heat and cook until the mixture starts to thicken. Add the chilli, garlic, lime, chilli powder and soy sauce, stir, then add the chopped plums and cook until tender. Add the coriander, remove from the heat, season with salt and ground ginger, and reserve until required.

For the duck, preheat the oven to 180C.

Slash the skin on the duck breasts, then place in a warm frying pan skin side-down. Place the pan on a medium heat and allow to caramelise for around 3 minutes, pouring off and reserving the excess fat.

Transfer the pan of duck breasts to the oven for 7-8 minutes, keeping the skin side-down,

then remove from the heat and allow to rest. Pour the excess fat into the frying pan, once hot, add the pak choi, toss until wilted. Remove from the heat and season. To serve, carve the rested duck, season, and arrange on serving plates. Add the pak choi and watercress, and serve with the spiced plum jam.

Recipe courtesy of Glynn Purnell, owner and Head Chef of Michelin-starred Purnell's purnellsrestaurant.com

WHAT TO DRINK?

**SW6 Red Wine 2, Barbera
London Cru, London**

You need something with bright red fruit with a game-y dish like this. This comes from London's first winery, based in Earls Court. Expect complex aromas of cherry, redcurrant, raspberry and blackberry, which bring out the sweetness from the duck and compliment the plum jam.

4. Mark Sargeant's Gypsy tart

SERVES 4, WITH SECONDS!

Ingredients

FOR THE PASTRY (MAKES 500G):

- 125g unsalted butter
- 90g caster sugar
- 1 large egg
- 250g plain flour

FOR THE TART:

- 300g pastry (see above)
- 400g evaporated milk
- 330g muscovado sugar

Method

For the pastry, combine the butter and sugar. Blend in the egg then mix in the flour. If the dough is dry, add 1 tablespoon of cold water. Knead on a floured surface, shape into a disc and chill for 30 minutes. For the tart, preheat oven to 170C. Roll out 300g of the pastry and use to line a 21cm tart tin. Line the pastry with greaseproof paper, fill with baking beans, and bake for 15 minutes. Remove the beans, and bake the case for 5-10 minutes until pale gold. Remove from the oven and set aside. Whisk milk and sugar for 15 minutes until light and fluffy. Pour into the pastry case then cook for 5-10 minutes until the filling is risen and the surface is tacky. Remove from oven and leave to cool and set before cutting into slices to serve.

Recipe courtesy of Mark Sargeant, Chef Director, Morden & Lea mordenandlea.com

WHAT TO DRINK?

Demi-Sec. Nyetimber, West Sussex

Nyetimber's Demi-Sec lifts and lightens each mouthful of this super-sweet pud. Made from Chardonnay grapes, it's a delicious off-dry sparkler with apple and citrus aromas. On the palate, toasty notes are conveyed with an impressive richness.

Gypsy tart is a Kentish classic - super-sweet and very delicious



YOUR WINE GUIDE

Charles Pashby-Taylor is the sommelier at Dabbous, where the wine list won the highest accolade in the World of Fine Wine awards dabbous.co.uk

*"This is the gin
drinkers'gin"*

WIRED

*"Every aspect of creating
their brilliant spirits
has been a meticulously
researched labour of love"*

ESQUIRE

*"Starting a gin distillery in
London is not exactly a new
idea, it's just no-one had
done it for 200 years"*

MONOCLE



MEET THE SIPSMITHS

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Sipsmith? Why 'Sipsmith'? Well much as wordsmiths craft all things wordical, we craft all things sippable. Like our award-winning gin.

All our spirits are created and hand-cut in our small west London distillery in genuinely small batches. The result is sublimely sippable spirits that are incredibly smooth, full of character and have a true intensity of flavour.

Sipsmith: where old meets new and the two hit it off really rather spectacularly.



www.sipsmith.com



DISCOVER ASIA'S FINEST



CHECK OUT OUR FULL RANGE AT YOUR NEAREST

ASDA

The Foodie Cheat Sheet

Not from here!

With our ever-evolving tastes, the UK's artisan producers are increasingly creating their very own versions of more exotic gourmet specialities. **Zoe Perrett gives you the lowdown**

The Tea

Tregothnan

Cornwall's microclimate affords the Tregothnan Estate the ideal conditions for growing unusual produce – including tea, which was first planted in 1999. The range includes everything from classic black tea to Earl Grey and limited-edition, seasonal examples.

tregothnan.co.uk

Cornwall is famous for its pasties - but home-grown tea is a newer trend



The Truffles

Fifth Dimension Chocolates
Russell Pullan's globally-inspired truffles are perfect for travel-obsessed *Good Things* readers. Each is named for a destination city; try International Chocolate Award-winners Genoa (basil and lemon) and Bangkok (mango and passionfruit caramel).

5dchocolates.com

The Herbs

The National Herb Centre
Warwickshire's National Herb Centre is home to an eye-popping variety of plant species from the classic to the esoteric. We love the tart bite of *perilla* (aka *shiso*) when we make Japanese dishes, and zesty, aromatic lemongrass for Sri Lankan cooking.

herbcentre.co.uk

The Charcuterie

Cannon & Cannon

You don't need to look to Spain, Italy or France for fine charcuterie – Cannon & Cannon makes its own stellar examples from carefully-sourced British meat. We love the melt-in-the-mouth coppa, unusual air-dried mutton, and fiery, spreadable *n'duja* sausage.

cannonandcannon.com

The Fizz

Ridgeview

From a South Downs winery, family-run Ridgeview creates a wide range of exceptional sparkling wines. Try the Rosé de Noirs, made from Pinot Noir and Pinot Meunier grapes and delivering a flavour that'll remind you of summer even through the inevitable grey British days.

ridgeview.co.uk



The Chillies

South Devon Chilli Farm

Whether you're seeking seedlings, plants, or fresh and dried chillies, the South Devon Chilli Farm sells a vast range; with a variety to suit every cuisine from Peruvian to Burmese. You'll also find super-spiced hot sauces, chocolate and preserves.

southdevonchillifarm.co.uk

Chillies are hotter than the British climate but can thrive in this country

After even more brilliant British produce? Turn to **The Collection** to discover the country's finest artisan cheeses

Life, times and taste British produce, Indian culinary wisdom

In the latest episode in her food-led life story, Authentic Indian Cookery School founder and Good Things Associate Editor Anjula Devi talks seasonal ingredients, spice, and all things nice



When I was fifteen years old and about to leave school, my dad and I were involved in a continual competition to see who could invent the best new Indian recipe with seasonal produce from the back garden. Our challenge was to come up with something innovative that still used traditional methods. By now my palate was becoming more and more refined, and I was learning every day which ingredient combinations worked best.

Sometimes our new dishes came out of experiments, and sometimes we arrived at them purely by accident. One Sunday evening at home in Southall, my friends were waiting by the front gate so that we could all go to Mr.

Bain's shop to buy magazines – something that Dad didn't really like me doing. Additionally, Sunday was the night when my siblings and I had to get our own school uniforms ready, and – hilariously when I look back - always had to line up and have our polished shoes inspected. But at that age, I often used to sneak out with friends, and was always in a world of trouble when Dad caught me.

As my friends waited on this particular evening, Dad asked me to grind the ingredients for a mint and coriander chutney in the pestle and mortar, whilst he made the *gajar halwa* (a fudge-like, carrot-based Indian pudding). He asked me to grind some pistachios separately for the dessert, but I misheard his instruction and added them

to the pestle and mortar with the other chutney ingredients, assuming that this was another of Dad's experiments. I remember thinking 'this looks really interesting – it has a beautiful colour and a really creamy texture'.

When Dad asked me if the pistachios were ground, my mind was on going and buying the magazines, so I tersely said that they were. He looked up, realised what I had done, picked up his flip-flop and threw it at me. I turned and caught the sandal in mid-air just as it was about to hit the side of my head, diffusing the tension and causing us to both to burst out laughing. When the laughter finally subsided, we tasted our new and accidental creation – pistachio, mint and coriander chutney. It tasted amazing. Dad proclaimed, simply, 'Brilliant. It works!'

Another of our chutneys was created with much more forethought: blackberry and cumin chutney. The berries grew on our fence at the top of the small hill, and we decided to pick a few handfuls of unripe ones. To counter the sourness, we added jaggery, salt, roasted cumin and roasted coriander seeds, as well as green chillies, fresh coriander and mint, grinding all the ingredients by hand in a pestle and mortar. Dad and I took turns to make each other hot buttered *chapattis*, which we ate straight from the *tawa* (flat Indian pan), spread generously with our blackberry and cumin chutney.

We made *rumali roti* for the first time that year. The name means 'handkerchief bread', and accordingly, this

"Dad proclaimed, simply, 'Brilliant. It works.'"

roti is really thin and soft, and it is often served folded like a handkerchief. When made well, it tastes incredible. We used to love eating *rumali roti* with another of our inventions - a fantastic rhubarb and potato curry, cooked with fresh produce from our back garden.

Garden gooseberries were abundant that year, following a poor yield the year before. We used the tart fruits in our take on lamb and *amla* (Indian gooseberry) curry. Although British gooseberries are different to their Indian counterparts, we knew that people ate this dish back in India, so we tried it out, and the combination of sweet lamb meat and sour gooseberries worked perfectly in tandem.

My very favourite dish at that time was our lamb and runner bean curry, with the beans picked fresh from our garden. I have shared the recipe here, so please do give this amazing dish a try. A true family favourite, it's a delicious combination of fresh British garden produce and my dad's Indian culinary wisdom.

More from Anjula

W anjuladevi.com T @Anjuladevi

COMING UP NEXT MONTH....

Look out for more memories and another fabulous recipe developed by Anjula and her father during her teenage years



Lamb and runner bean curry

SERVES 4-6

Ingredients

- 450g cubed mutton or lamb shoulder, brought to room temperature 15 minutes before cooking
- 200g good-quality, thick plain yogurt
- 1 lemon, juice only
- 3 tbsp vegetable oil
- 1 tsp cumin seeds, roasted
- 1 tsp fennel seeds, roasted
- 1 tsp nigella seeds, roasted
- 1 tsp mustard seeds, roasted
- 1 tsp coriander seeds, roasted and crushed
- 4 green cardamoms, lightly bashed
- 1 black cardamom, bashed
- 1 small piece cassia bark
- 2 cloves
- 1 bay leaf
- 2 medium onion, finely chopped
- 1 tsp ground turmeric
- 4 dried Kashmiri chillies, crushed
- 1 tsp TRS Qasuri methi (dried fenugreek leaves)
- 1 tbsp fresh ginger, finely chopped

Method

Place the lamb in a large, lidded bowl, then add the yogurt and lemon juice, mix well, cover, and refrigerate overnight.

Heat the oil in a large pan set over medium-low heat. Add the whole spices except the dried chillies, cook until they crackle, then add the onions, turmeric, Kashmiri chillies, Qasuri methi, ginger and garlic.

Sauté for 5 minutes, then add the tomatoes and reduce the heat to low. Add the lamb, increase the heat, and cook for a further 15 minutes. Add the water, cover, and simmer for at least 30 minutes. Remove the lid and add the runner beans and curry leaves. Remove from the heat, check the seasoning, add the garam masala and coriander, and serve with *rumali roti*.

Recipe courtesy of Anjula Devi anjuladevi.com



TRS FOODS ARE AVAILABLE AT ASDA.COM AND YOUR NEAREST ASIAN GROCERS

No trifling matter

Eliza Welsford says it's time to restore trifle to its rightful position as a seriously sexy pud: all voluptuous texture, gentle wobble, and edgy, booze-infused sweetness

Poor trifle. For years it has sat in the culinary wilderness, consigned to an annual appearance on Boxing Day and often losing out to its Italian cousin *tiramisu* in the 'sexy' stakes. Yet trifle has been a stalwart of the British table for generations, with recipes harking back to the sixteenth century; and for good reason – its sheer versatility.

Fortunately, our interest in the classics has led to a resurgence of the teatime treat so relished in its Victorian heyday; and little wonder, when it boasts layers of deep, billowing, softly-whipped cream, smooth, velvety custard, fruity goodness, and sweet, booze-infused sponge.

"Trifle is alluring and practical - making it the ultimate do-ahead dessert"

It's alluring, and practical. Trifle is the ultimate do-ahead dessert, and can be assembled a day before its grand unveiling, making it the perfect party treat. The joy of trifle is in its many layers, so reveal them in all their glory in a gorgeous glass serving bowl.

In my family home, my dad is chief trifle architect. No matter how much we eat of one of his creations, the trifle miraculously never seems to diminish in

size; sliding back to its original position overnight and appearing to miraculously have the same volume as it did before. As with well-fitting lingerie, the importance of a sound structure cannot be underestimated.

Building a behemoth

The foundations

Every trifle needs a good strong base. A sponge cake provides the perfect foundation and will withstand a liberal soaking of your favourite tipple. Make it the day before assembly and leave it unwrapped to dry out overnight for the best results.

The supports

The greatest source of contention is whether to include jelly in a trifle. Personally I love the bouncy texture it adds, but others argue against, complaining that it reduces the dessert's extravagance to memories of school dinners.

With or without jelly, the custard must provide a stable base – and for a special occasion it must be the real deal. A *crème anglaise* made with double cream and milk yields a desirably-thick, luxurious custard.

The furnishings

Unlike *tiramisu*, trifle is incomplete without fruit. It will take any fruit you throw at it; from dried fruits steeped in orange juice or alcohol, to jarred or tinned peaches, mandarin slices, and pears, to frozen berries. Seasonal fresh fruit creates the most special of trifles and can play a lead role in how you choose to flavour the other components of your pudding.

Making custard Step-by-step



1. Scraping the seeds from the vanilla pod to impart an inimitable fragrance and flavour.



2. Slowly stirring the hot milk into the egg yolks.



3. Stirring the custard over low to medium heat.

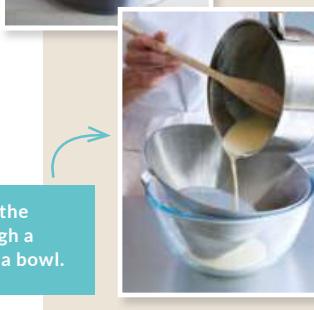


4. Checking to see if the custard is thickening properly by lifting the spoon to see if it's coated.



5. Drawing a finger down the back of the spoon to check thickness.

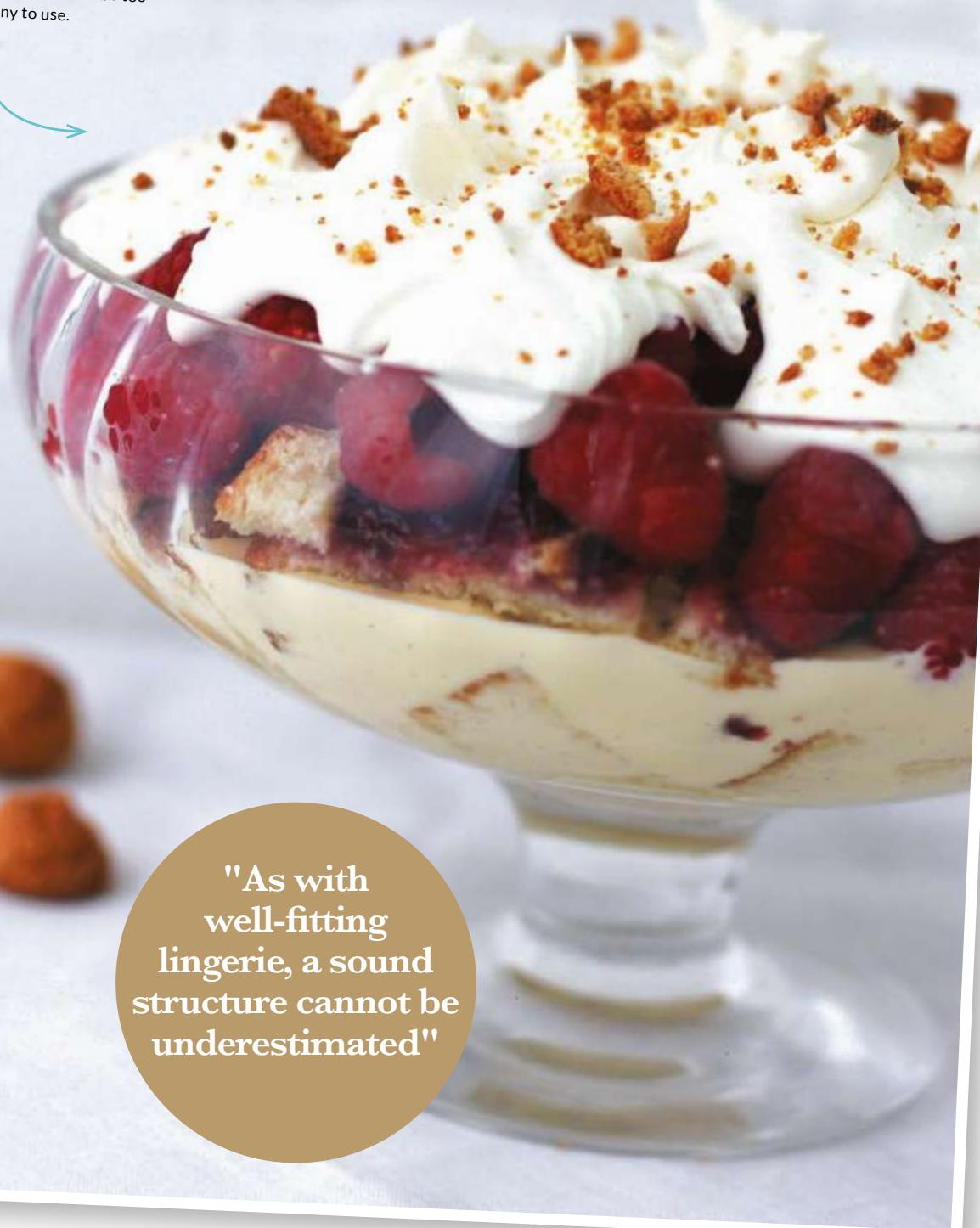
6. Straining the sauce through a chinois into a bowl.



Top tip

Overwhipped your cream? Rescue it by folding in a dash of milk. It may first appear to thicken lumpily, but should then smooth out and soften a little. But take care, as too much milk will loosen the cream and it will be too runny to use.

Trifle - a triumph of texture and taste and a good looker to boot!



"As with well-fitting lingerie, a sound structure cannot be underestimated"

Leiths' raspberry and amaretto trifle

SERVES 6

Ingredients

FOR THE SPONGE BASE:

- oil, to grease
- 110g butter, softened
- 110g caster sugar, plus extra to dust
- 2 eggs, at room temperature
- 110g self-raising flour
- ½–1 tbsp water or milk
- 4 tbsp good-quality raspberry jam
- 90–120ml (6–9 tbsp) Amaretto liqueur

FOR THE CUSTARD:

- 150ml milk
- 150ml double cream
- 1 vanilla pod
- 6 egg yolks
- 2–3 tbsp caster sugar, to taste

FOR THE FRUIT AND TOPPING:

- 200g fresh raspberries
- 300ml double cream
- 1–2 tbsp icing sugar, to taste
- 4 small ratafia biscuits

Method

For the Victoria sponge, heat the oven to 180C/gas mark 4. Lightly brush a 20cm sandwich tin with a little oil and line the base of each with a disc of greaseproof paper.

Using a wooden spoon or hand-held electric whisk, cream the butter and sugar in a medium bowl until pale, light and fluffy. The paler the mixture becomes the better, as it shows that more air has been incorporated, which will help to create a lighter cake.

Break the eggs into a small bowl and beat lightly with a fork until broken up. Gradually add the egg to the creamed butter and sugar, in several additions and beating well after each. Adding eggs that are too cold, or adding them too quickly, can cause the mixture to curdle. If this happens, add 1 tbsp of the flour to help to stabilise the mixture.

Once all the egg has been added, sift the flour over the surface and fold it in, using a large metal spoon. To bring the mixture to a dropping consistency, if necessary, fold in ½–1 tbsp water or milk. Place the mixture in the prepared tin and smooth the top using a spatula. Bake in the middle of the oven for about 20–30 minutes, or until well-risen and golden. It should feel spongy to the fingertips and not leave an indentation when pressed gently.

Allow the cake to cool for a few minutes in the tin, then turn it out onto a wire rack to cool completely before peeling off the paper.



Cream, custard, fruit and sponge - which is your favourite layer?

For the custard, place the milk and cream in a small saucepan. Split the vanilla pod lengthways and add it to the pan. Slowly bring up to scalding point (just below boiling) over a low heat, then remove from the heat and leave to stand for 15 minutes to allow the vanilla to infuse into the milk. Cut the cake into thick slices and sandwich together in pairs with the raspberry jam. Arrange in the bottom of a glass serving dish, sprinkle with the liqueur, and set aside to soak while you make the custard.

To make the custard, lightly beat the egg yolks and sugar together in a bowl. Bring the milk back to scalding point and pour over the yolks, stirring. Rinse out the pan and pour the custard back in. Heat over a low to medium heat, stirring with a wooden spoon, until the custard is thick enough to coat the back of the spoon. Remove from the heat, strain into a bowl and leave to cool down slightly for 5 minutes.

Pour the custard over the cake and set aside until cold.

Sprinkle the raspberries over the cold custard layer. Whip the cream with the icing sugar to a little firmer than soft peaks and spoon decoratively over the trifle. Crumble the ratafia biscuits over the cream to serve.

Change it up

Take inspiration from another classic
Reference Black Forest gâteau by replacing 25g flour in the sponge with cocoa powder and ¼ tsp of baking powder. Use cherries and Kirsch for the fruit and booze.

Flavour the custard

Replace the vanilla with cardamom, star anise, or your favourite fresh herb; or use lavender honey in place of the sugar.

Flavour the cream

Add a drop of rosewater or orange blossom water for a Middle Eastern touch. Top with pomegranate seeds and crushed pistachios.

Add a taste of the exotic

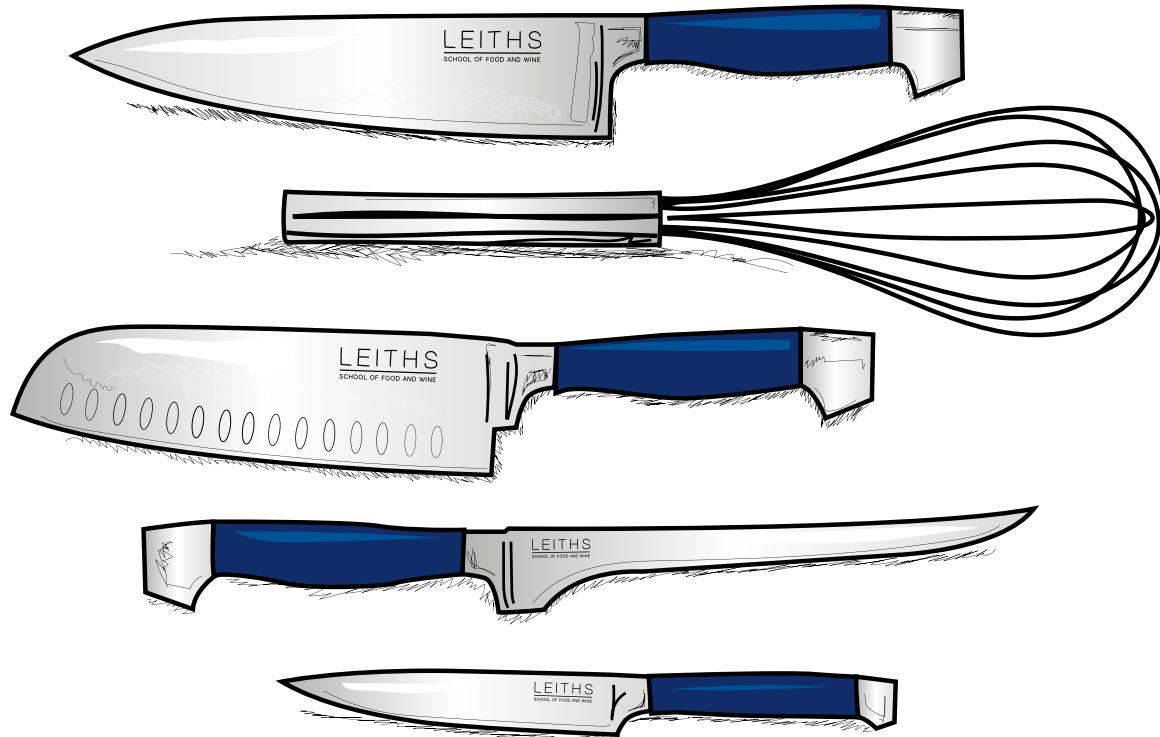
Soak the sponge in rum, replace the raspberries with diced mango, and top with passion fruit seeds and chopped stem ginger.

LEITHS

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Recipe and images from *Leiths How to Cook*, published by Quadrille RRP £30

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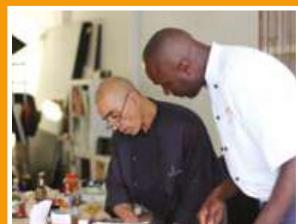
Leiths Diploma is an internationally renowned full time cookery course designed for those with professional culinary ambitions.

Cooking up change



A true success story

Fifty seven year-old Michael was unemployed for twenty years and suddenly found himself homeless. 'Before I got involved with Beyond Food, I was at an extremely difficult point in my life. I was a real down-and-out and I struggled to keep things together. Eventually I went into drug rehab and I had to find three things that gave me focus - fishing, painting, and cooking.' 'I've always had an interest in cooking, but I hadn't been in a classroom for thirty years and that scared me. It was a real challenge, but I knew working hard would yield opportunities.' Beyond Food gave Michael a second chance in life, and, 'structure, control and discipline. I suddenly had responsibilities. I had to get up early and, to gain respect, I had to take those responsibilities seriously'. Beyond Food has helped Michael turn his life around. He has a Professional Cookery NVQ and his own flat. He has money, access to his children, and a job he loves. Since completing his apprenticeship at London's Grain Store, Michael has been taken on as a valued full-time employee.



Beyond Food Foundation transforms lives through food. Over forthcoming issues, Good Things will shine a light on the charity's training schemes and the apprentices destined for culinary greatness

All is calm in the sleek, modern dining room on South London's Tooley Street. Smooth service and delivery of well-plated, modern British dishes ensures a happy clientele. Yet, contrary to the atmosphere, this is not a celebrated Michelin-starred venue. It's Brigade Bar & Bistro - a social enterprise and practical classroom for Beyond Food's apprentice chefs.

Founded by chef Simon Boyle in 2004, Beyond Food uses cooking as a means of enabling the homeless and vulnerable to build stable careers in the food industry, and, more widely, to positively rebuild their entire lives.

The six-week motivational 'Freshlife' workshops and 'Get Stuck In' work experience programme are the starting point, after which keen individuals embark on the 'United Kitchen Apprenticeship'; a thirteen-week programme culminating in the attainment of an NVQ Level 2 Diploma in Professional Cookery; involving not only hands-on experience at Brigade but also tailored mentorship and practical coaching on how to secure employment.

A role at Brigade not only helps apprentices break free of the 'no job, no home; no job, no job' cycle, but fosters motivation in trainees regarding pursuit of a future career path. To learn more about Beyond Food's noble aims and outcomes, we checked out the charity's history, founder, and biggest success stories...

The man behind the plan

Beyond Food founder Simon Boyle's understands the millions of reasons why people

become homeless, but his frustration lies with why they remain that way – and much of it comes down to a lack of projects that inspire serious and positive change in individuals from vulnerable backgrounds.

Enter Beyond Food. Simon and his team have a solid understanding of – and commitment to – supporting people who have been affected by homelessness and how they can best make the move into sustainable, meaningful employment; making a real and lasting difference to people's lives.

Simon says, 'Never underestimate the power of food!' As a chef, he lives his motto and harnesses food as his chosen tool to inspire, empower, and motivate vulnerable people to move their lives forwards, onwards, and upwards.

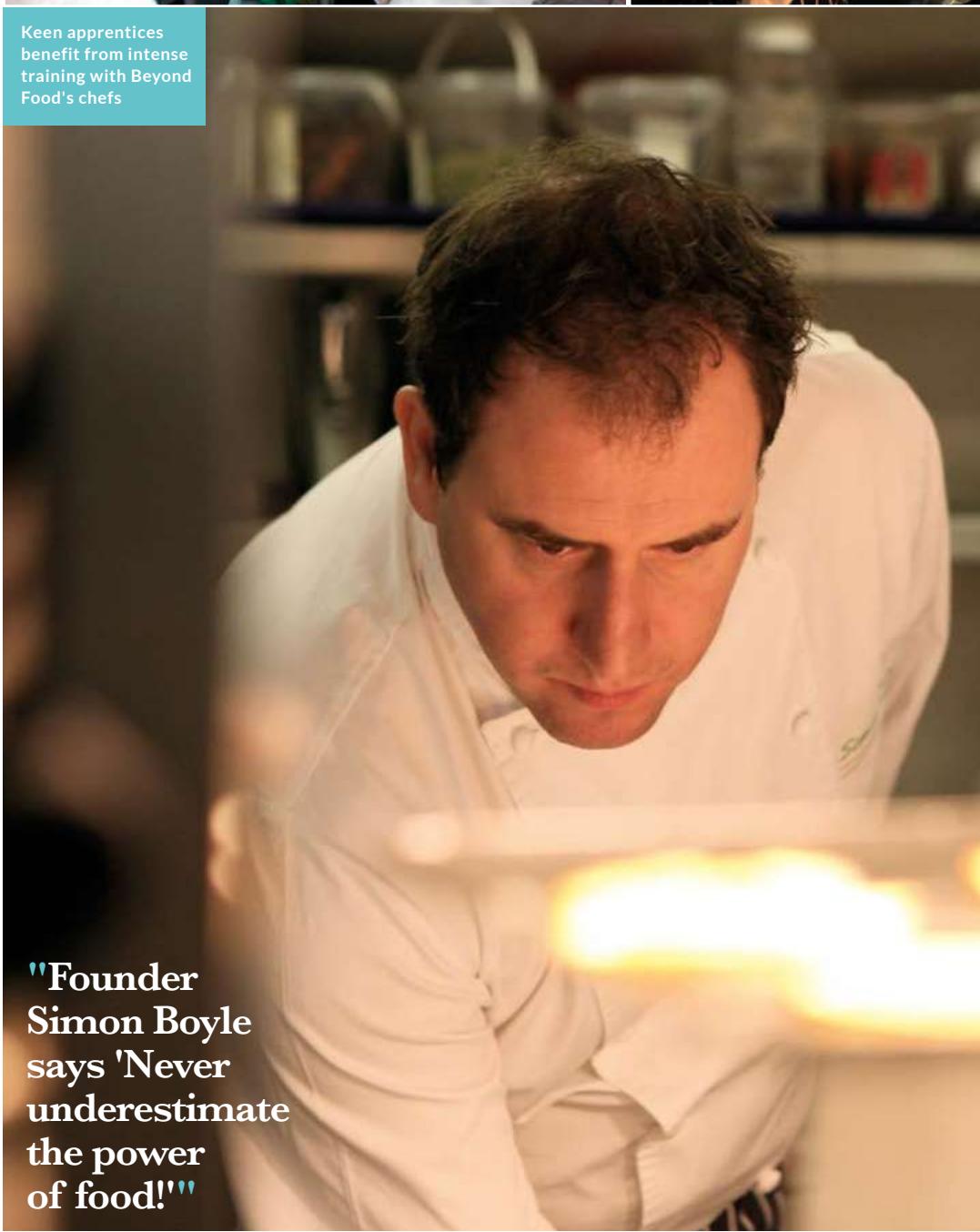
And he's still very much involved in all three stages of the apprenticeship programme. You'll find Simon delivering lively, large-scale cookery workshops in hostels; training apprentices in the kitchen at Brigade; and ultimately placing them in high-end restaurants in London, where they will succeed and flourish in a meaningful new career.

A team effort

We love Beyond Food's work and think the whole enterprise is a very 'Good Thing' indeed! Accordingly, we're teaming up with the charity to help raise funds and awareness through co-hosted events and many more exciting joint endeavours. Stay tuned...



Keen apprentices benefit from intense training with Beyond Food's chefs



"**Founder Simon Boyle says 'Never underestimate the power of food!'"**

Beyond Food Foundation in figures

2004 Chef Simon Boyle volunteers in Sri Lanka as part of the Tsunami relief team

2008 Simon presents the Beyond Food concept on *Dragon's Den*. Although the idea was loved, no investment was given - but this didn't deter Simon...

2010 Beyond Food Foundation is registered as a charity

2011 Brigade restaurant on Tooley Street welcomes Beyond Food's first apprentices

2012 Beyond Food's first apprentice group graduates

2015 To date, Beyond Food has supported over 850 people - including over 76 United Kitchen Apprenticeship beneficiaries

SEPTEMBER 2015 The next group of apprentices embark on their 13-month chef programme



Pork tenderloin with creamy cabbage & bacon and mustard sauce

SERVES 6

Ingredients

FOR THE PORK:

- 900g pork tenderloin, trimmed
- 50ml olive oil
- 1 clove garlic clove
- 1 sprig of fresh thyme
- freshly ground pepper, to taste

FOR THE CABBAGE AND BACON:

- 20ml olive oil
- 3 slices thick-cut smoked streaky bacon, diced
- 2 cloves garlic, finely sliced
- 1 spring cabbage, finely sliced
- a few fresh sage leaves
- salt and freshly ground pepper, to taste
- 50ml double cream
- ½ a cinnamon stick

FOR THE SAUCE:

- 175ml white wine
- 100ml chicken stock
- 50ml double cream
- 2 tsp wholegrain mustard
- salt, to taste

Method

For the pork, place the meat in a large shallow dish and rub with the olive oil, garlic, thyme sprig and pepper. Place in the refrigerator to marinate for up to 3 days.

Preheat the oven to 180C.

Heat the olive oil in a large frying pan set over medium-high heat. Add the marinated pork and seal on all sides, allowing it to develop a good colour.

Add the butter, spooning it over the meat as it melts. Cook, turning frequently, until the pork is firm with a spring to the touch when pressed.

Place in the oven for 5 minutes then remove to a plate to rest, loosely covered.

For the sauce, discard the fat from the frying pan, set it over high heat, and deglaze with the wine. Reduce to half the original volume, add the chicken stock, and bring to the boil.

Reduce to a glaze, add the cream and mustard, bring to the boil, then turn down the heat and simmer to your desired consistency. Season to taste and reserve, keeping hot.

Meanwhile, for the cabbage and bacon, heat the olive oil in a large saucepan set over medium heat. Add the bacon and fry until well-coloured, then add the garlic and cook for 2-3 minutes.

Add the sliced cabbage and seasoning, and sauté for a further 2-3 minutes.

Add the cream and bring to the boil, turn down to a simmer and add the cinnamon. Cook for a further 2-3 minutes or until the cream starts to thicken and coat the cabbage.

To serve, slice the rested pork and serve with the cabbage and bacon, drizzled with the mustard sauce.

Recipe courtesy of Michael Jones, a graduate of Beyond Food's 2014 United Kitchen Apprenticeship Scheme

Marinated pork paired with a host of autumnal flavours is a real crowd-pleaser



Coconut butternut squash soup

SERVES 6

Ingredients

FOR THE SOUP:

- 20ml olive oil
- 20g butter
- 1 small onion, diced
- ½ a medium butternut squash, diced
- leaves from 2 sprigs of fresh thyme
- 1 fresh chilli, halved and deseeded
- 1l vegetable stock
- 1 x 400ml can coconut milk

FOR THE SPICED YOGURT:

- 100g full-fat Greek yogurt
- 1 tsp cumin seeds, toasted
- 1 tsp fennel seeds, toasted
- 1 lime, zest and juice
- sea salt and pepper, to taste
- ½ a fresh chilli, finely sliced

Method

Heat the oil and butter in a large, lidded saucepan set over medium heat. Add the onion and cook until softened. Add the squash, chilli and thyme. When the squash softens, add the stock and bring to the boil. Reduce to a simmer, cover, and cook for 10-15 minutes.

Meanwhile, combine the yogurt, cumin, fennel and lime juice. Mix well, season to taste, and sprinkle with lime zest and chilli slices. Reserve.

Purée the cooked mixture with a stick blender. Add the coconut milk and blend until smooth.

Season, strain into a clean pan, and gently reheat (do not boil). Serve hot, with the yogurt to spoon on top.

Recipe courtesy of Hannah, a graduate of Beyond Food's 2014 United Kitchen Apprenticeship Scheme

GT
ALL COOKED &
PHOTOGRAPHED
By Good Things

Red wine poached pears, crème fraîche & toasted almonds

SERVES 6

Ingredients

- 6 firm pears, peeled
- 1 vanilla pod
- 1 bottle of red wine
- 200g caster sugar
- 1 cinnamon stick
- 1 sprig fresh thyme

TO SERVE:

- a handful of toasted flaked almonds
- 100g crème fraîche mixed with a drop of vanilla essence
- 6 shortbread thins

Method

Halve the vanilla pod lengthways, scrape out the seeds, and place the pod and seeds in a large saucepan with the wine, sugar, cinnamon and thyme. Poach the pears over a medium-low heat, covered, for 20-30 minutes or until tender throughout, ensuring they remain covered with the wine. Remove the cooked pears from the pan, then bring the poaching liquor to the boil and reduce it by half the original volume until syrupy. Set aside to cool. When ready to serve, plate up a whole pear per person with the cooled syrup. Scatter with toasted almonds and serve with the crème fraîche and the shortbread thins.

Recipe courtesy of Simona, a graduate of Beyond Food's 2014 United Kitchen Apprenticeship Scheme

beyond food
INSPIRING A FUTURE BEYOND HOMELESSNESS
For more info visit beyondfood.org.uk

Wine-poached pears
are a simple but seriously-impressive dinner party finale

A model Champagne for any star-studded event



Multi-talented Adriana
Karembeu traded in her medical studies for life as a model and actress - and now she's turned her hand to wine, creating Cuvée Tsarine by Adriana...

The Crazy Bear Group knows its stuff when it comes to throwing the most lavish of party bashes. Its trio of luxuriously opulent locations are where the fun is definitely found – all events, of course, fuelled only by the finest Champagne.

No wonder, then, that the Crazy Bear Group has exclusively partnered with the House of Tsarine until 1st December 2015 as the sole pourer of the gold Cuvée Tsarine by Adriana; a much anticipated new Champagne that takes luxury living to a new level.

Tsarina Brut and Rosé Cuvées are firm favourites with Russian tastemakers and style-setters, making

world-renowned supermodel and actress Adriana Karembeu the perfect person to create and style the unique new Cuvée that now proudly bears her name.

Given exclusive access to the Maison

Chanoine cellars, Adriana worked with winemaker Isabelle Tellier to create her own balanced blend of three grape varieties. The delightful result is Cuvée Tsarine by Adriana, which boasts lively lemon tart aromas and a beautiful yellow-and-gold robe. Cuvée Tsarine by Adriana delivers an exceptional freshness and a lingering air of harmony from its stunning gold bottle, which bears certain similarities to the architecture of the great Russian monuments; sure to command attention at any exclusive event in the very same way as its creator.

"Given exclusive access to the cellars, Adriana created her own blend"

A Few Golden Moments With Adriana

Good Things What was it like swapping student life for that of a top model?

Adriana It was like night and day. Before modelling, I was in my third year of studying medicine. My life consisted of a lot of studying and working and a little sleeping. Modelling was very demanding, but free from the pressure. I loved every single second, and was earning in just one day what my doctor mother earned in a year.

GT In the modelling world, Champagne is everywhere - did you have an immediate preference?

AK It's always time to open the Champagne, particularly before fashion shows. But I only started to drink wine when I was forty one. For two years I've been tasting, learning, discovering, and really appreciating.

GT What were your thoughts when you were asked to create your own champagne label?

AK Becoming the Champagne Tsarine Ambassador was a real honour for me: an enormous compliment. Champagne is the perfect symbol of refinement, elegance and celebration. It's superior; a special reward. I knew the House of Tsarine and its President,

Philippe Bajot, long before representing it so I had confidence. I'm proud and touched and hope to live up to the honour.

GT Tell us about your journey creating Cuvée Tsarine by Adriana

AK When you launch a new product, the challenge lies in bringing a breath of fresh air, a surprise, some good news. For me, Cuvée Tsarine by Adriana is like an invitation to an original journey through a luxurious, unique, and exclusive world. I hope to seduce and convince people to make this trip. Seduction is an area I know quite well!

GT What's your attitude to eating and drinking?

AK I am - and have always been - a gourmet. I'm epicurean and curious. Of course, concerning wine, it's important to appreciate it responsibly and not to fall into excesses. But I love how wine recalls a memory or a place through its character.

GT What are your thoughts on champagne and food matching?

AK I can't say I have perfectly mastered the rules! Champagne goes with a vast selection of foods. As far as I am concerned, I let my intuition and emotions guide me. I make my own experience.

GT Do you now drink only Cuvée Tsarine by Adriana?

AK Yes – I really love it! At home, I only serve Cuvée Tsarine by Adriana.



A model Champagne for any star-studded event

"I have
always been a
gourmet. I'm
epicurean and
curious"

Adriana's new role
as a Champagne
creator adds another
string to her bow

Taste Tsarine

Cuvée Tsarine by Adriana is available exclusively at Crazy Bear venues until 1st December 2015. Tsarine Brut and Rosé are available at Crazy Bear venues, Grange Hotel group (grangehotel.co.uk), Ocado, and specialist Champagne outlets. For more information, visit tsarine.com and crazybeargroup.co.uk



In Good SPIRITS

When it comes to quality spirits, it's no longer necessary to look overseas. Drinks expert

Christopher Cooper presents the best of British

Whether you're creating a culinary masterpiece or mixing the ultimate cocktail, it's all about ingredient provenance. Increasingly, bartenders and mixologists are looking to champion home-grown produce and, with a little know-how, you can do the same with your own drinks cabinet. So, whether it's pre-prandial *aperitifs*, spirits to mix into food-flattering cocktails, or *digestifs* to round off an excellent meal, check out the very best liquor the British Isles has to offer. Our guide assures you kudos amongst friends and peers; allowing you to introduce them to new, novel, and top-quality UK-born spirits.

1.



2.



4.



Clear favourites

1. BEST FOR A GIN MARTINI

Tanqueray No. Ten

PRICE £32 WAITROSE.COM

Why Developed to create the ultimate martini, No. Ten has a unique, full-bodied character of white grapefruit, lime, orange, juniper, coriander and a hint of chamomile. It makes a dry yet perfectly flavoursome martini and is a true homage to the brand's passion and attention to detail.

Try with Raw oysters and fish – or in a martini ahead of Rack of Pork (p60)

2. BEST FOR A G&T

The Botanist Gin

PRICE £35.35 BBR.COM

Why A truly artisanal, small-batch, hand-crafted treat from Islay, combining classic aromatics with locally-foraged botanicals. This distinctive, complex floral gin is rich and mellow with cool, fresh flavours of apple mint, spring woodlands, summer flowers, honey, thistle, and Islay peat smoke.

Try with Aromatic and spicy dishes, like Lamb and Runner Bean Curry (p63)

Your expert guide

Christopher Cooper

The director of wine and drinks consultancy Drinkconomics (drinkconomics.co.uk) approaches his topic as a true expert, yet in a fresh and accessible manner. With an enviable career carved at Soho House, Gordon Ramsay, and Corbin & King, Chris's expertise has earned him an established reputation as a respected and renowned voice worth heeding.



3. BEST FOR A VODKA MARTINI

Element 29 Vodka

PRICE £32.99 SELFRIDGES.COM

Why Created from British wheat, Element 29 is distilled in a century-old copper pot still, allowing for a gentle, precise distillation and a fuller expression of natural flavours. Superbly clean with a mellow mouthfeel, tasting elegantly of cracked black pepper, aniseed, grass, hay and citrus.

Try with Oysters, smoked salmon, or decadent Caviar with Potato Rösti (p132)

4. BEST TO IMPRESS

Japanese Gin, The Cambridge Distillery

PRICE £64.99 SELFRIDGES.COM

Why London meets Tokyo in this world first, blending traditional juniper with Japanese botanicals including *shiso*, sesame, *sansho* pepper and *yuzu*. This gin is a real talking point: unique and elegant with exciting earthy and nutty notes and Asian green vegetal flavours.

Try with Stuffed Calamari (p45), drunk long with tonic

3.



Element 29 vodka's hint of aniseed makes it unique

Images by Sarah Bayliss



1. BEST FOR CREATIVE COCKTAILS

Mixing it up

Blackdown Sussex Bianco Vermouth

PRICE £24 THEGOODWINESHOP.CO.UK

Why England's first bianco

vermouth is smooth, refined, and flavoursome, using local herbs and spices including silver birch sap to infuse fortified Sussex-made wine. Expect chamomile, woodland and juniper aromas, creamy and spicy notes, and a smooth finish with a hint of sweetness.

Try with A British dry gin, mixed into a martini to precede classic fish & chips (p48)

2. BEST CONVERSATION STARTER

Tarquin's Cornish Pastis

PRICE £36.95 BBR.COM

Why This anise-flavoured spirit is similar to Pernod or Ricard – a creation fusing classic international gin ingredients with foraged gorse flowers from the local clifftops. Fresh and aromatic and very lively to drink; full of orange and coconut, and salty gorse flower aromas balanced with orange zest.

Try with Salad of Heirloom Carrots (p32), or with sweet prunes, raisins or liquorice

3. THE LAID-BACK NUMBER

The Duppy Share Rum

PRICE £36.70 SPIRITEDWINES.CO.UK

Why This has a British connection and is worth a mention! Creator George Frost sourced the ultimate golden, cask-aged rums from the former British colonies of Jamaica and Barbados. Blended for the UK, it's a great sipping rum with a fruit and vanilla character and a smooth, spicy finish.

Try with Chocolate desserts, salted caramel, fruit cake, or sweet Gypsy Tart (p84)

4. THE WILD CARD

Kamm & Sons

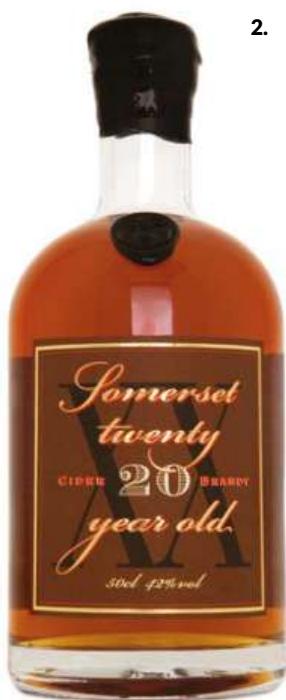
£28.86 AMATHUSDRINKS.COM

Why Nobody can really describe Kamm & Sons – this drink has no official definition! Made from forty five botanicals, it's a kind of mellow, smoother Campari with elements of British gin and hints of Jägermeister and Pimms. But not quite like any of those... completely unique and a great bottle to have for those who like to experiment with cocktails; a must-try.

Try with Raspberry & Amaretto Trifle (p64), or in a 'Britz Spritz' or Negroni



1.



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4.

"David Beckham's whisky looks super-sleek and very cool; much like the man himself"

After-dinner drinks

BEST FOR A WHISKY SOUR

Haig Club

PRICE £45 TESCO.COM

Why David Beckham's whisky looks super-sleek and very cool; much like the man himself. Made at Haig's Cameronbridge distillery - seen by many as Scotland's hidden gem - this single-grain whisky is the next trend in whisky: a fresh, clean, ultra-smooth style featuring butterscotch and toffee flavours.

Try with Fresh fish starters, pomegranate salads, or The WI's Chicken Mousse (p76)

BEST CROWD-PLEASER

Somerset Cider Brandy 20 Year-Old

PRICE £74.10 HEDONISM.CO.UK

Why This amazing Calvados-like barrel-aged cider brandy is released annually on Apple Day in October. It may be old but it certainly doesn't lose any of its signature West Country character - with baked apples, brown sugar, and brandy notes, it's smooth and complex with Christmas pudding richness.

Try with Tart tatin, or Spiced Pear & Apple Tart (p56)

BEST UNDISCOVERED SECRET

Feckin Irish Whiskey

PRICE £23.69 MASTEROFMALT.COM

Why Contrary to its cheeky name, this premium Irish liquor has finesse and is perfectly balanced. This playful spirit has its own unique character - it's silky-smooth, with gentle malty elements and a honeyed finish which alternates between the lighter, fruitier and heavier, oakier notes.

Try with Chocolate, on its own, or with *petit fours* like Lavender Shortbread (p78)

BEST SIPPING WHISKY

Laphroaig 18 Year-Old

PRICE £109 HEDONISM.CO.UK

Why Islay whiskies are salty and briny. Here, eighteen years in-barrel creates deep, pronounced flavours and a breakfast-y character, with flavours of banana loaf; even coffee.

Try with Macadamia Brownies (p149) - but best simply sipped

BTW

TONIC WATER

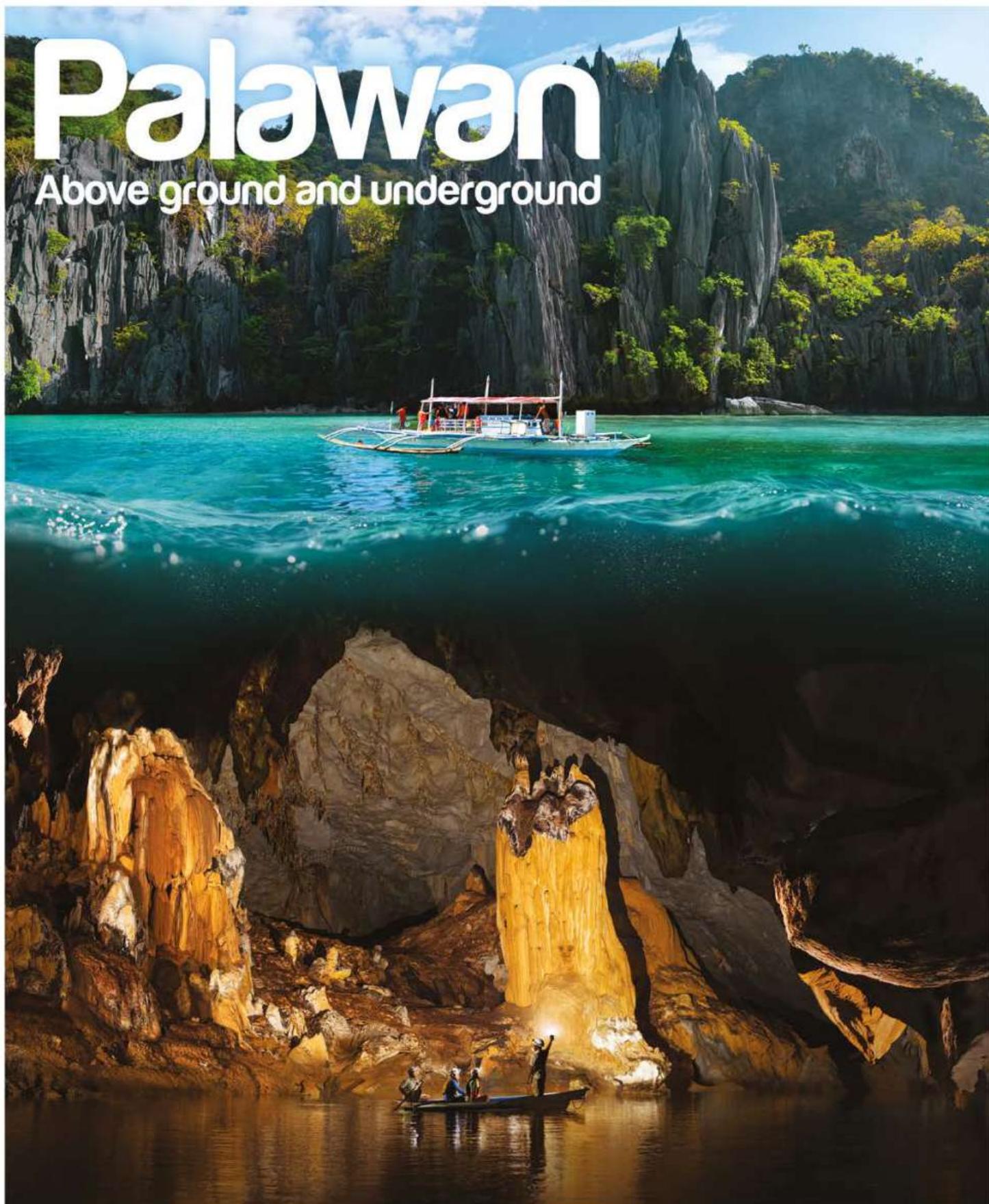
*...the way gin
intended*

SKILLFULLY
CRAFTED



ARRIVING
SPRING XV

www.btw-drinks.com



The Puerto Princesa Subterranean River National Park is a UNESCO World Heritage Site and one of the world's New 7 Wonders of Nature. It is teeming with life - over 150 animal species and over 800 plant species, including 300 types of trees.

Getting There:
Accessible via air from Manila, Cebu, Iloilo, and Davao

More Things to Do:

- Go island hopping in Honda Bay.
- Try spelunking at Ugong Rock.
- Take a mangrove paddle boat tour in Sabang.
- Be enchanted by fireflies on the Iwahig River Cruise.
- Visit one of the country's last tribes at the Batak Cultural Village.

It's more fun in the Philippines



130

Sweden's
premier chefs

Meeting and eating
with the country's
culinary stars

120

All hail Marseille

Wining, fine dining
& sun-soaking in the
South of France

138

LA: Where the
art is as beautiful
as the people

The best galleries,
culture & venues

Good Things

Travel & Culture

Highlights this month



Good Things Experience of the month

THE GREAT WALL OF CHINA

The Great Wall of China should be on everyone's bucket list, and the country's other must-not-miss highlights – the Terracotta Army, Tiananmen Square and the Forbidden City – only add to its allure. In this month's Hot List on page 108, you'll find details of a great new China tour package along with enough flight news, global events and travel scoops to take your wanderlust to the next level.

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INTRODUCING JENNIE BOND TV Presenter, Journalist and Cruise Miles Member and Ambassador

Jennie Bond and the Reader Offers team formed a close partnership back in 2012 when she became the face of Cruise Miles. When we asked Jennie why she had chosen this role, here's what she said;

“ There is a lot to be said for being loyal and I believe people need a good reason. Cruise Miles gives me a wonderful excuse to take more cruise holidays, and as a member I can really treat myself, knowing that next time I book I can take advantage of so many great benefits.



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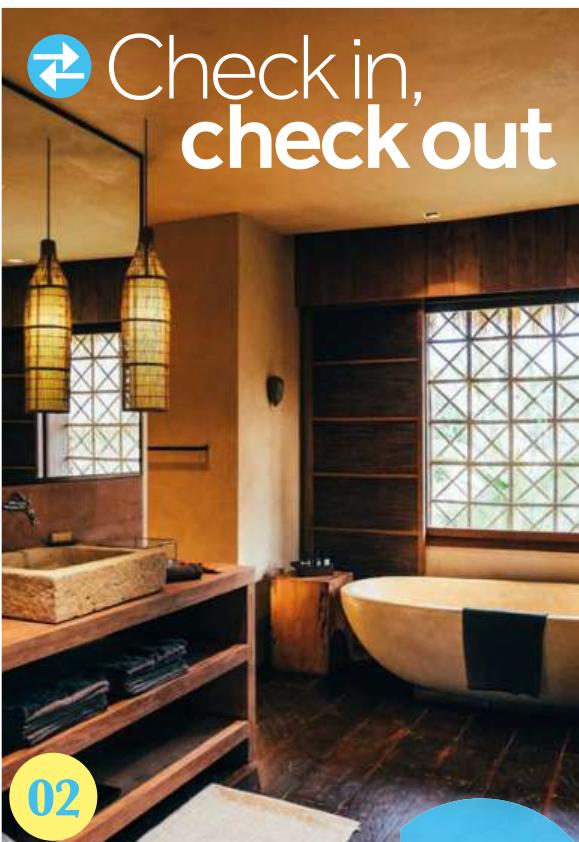
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www.readeroffers.travel



From hot hotels to must-take tours and the latest flight news, look no further than our monthly digest for all the travel info you need to know



02

1. CHECK IN: Forest Side, the Lake District

CHECK OUT: The local wildlife
New twenty one bedroom luxury hotel Forest Side is situated in forty two acres of land at the heart of the Lake District. Guests can take a stroll to Wordsworth's house via a secluded, wildlife-rich trail, and explore the hotel's Victorian-style kitchen garden. Produce grown on-site is put to great use by Kevin Tickle, previous sous chef and head forager at the two-Michelin-starred restaurant, L'Enclume.

FROM £179 per night, including breakfast. theforestsideresort.com

2. CHECK IN: Phum Baitang,

Siem Reap
CHECK OUT: The luxury spa facilities

This five-star Cambodian resort features two restaurants (one traditional, one international) and a cocktail bar, but it is the expert spa facilities that make it truly outstanding. The 'wellness area' includes seven treatment rooms, a sauna, a steam room, a relaxation area and a yoga pavilion, along with a fully-equipped fitness room and a fifty-metre-long outdoor pool.

FROM £365 per night
phumbaitang.com

Where to stay and what to do there

3.CHECK IN: Thyme, the Cotswolds
CHECK OUT: The seasonal, sustainable food

Thyme, a bucolic boutique hotel situated in the peaceful village of Southrop in the Cotswolds will be available to book from September. This elegant country house sleeps up to sixteen people in beautifully restored cottages dotted around a quiet courtyard. Thyme is also home to a state-of-the-art cookery school, where passionate foodies can work wonders with produce from the hotel's farm and kitchen gardens.

FROM £260 per night

thyme.co.uk

4.CHECK IN: W Hotel, Amsterdam
CHECK OUT: The vibrant, artistic atmosphere and culture

Opening 21st September, the two hundred and thirty eight-room is the latest in the W chain. It occupies two historic buildings: the Telephone Exchange, built in 1903, with a rooftop lobby and check-in; and a building that houses a bar, restaurant and 'creative incubator' space for local talent - originally designed as newspaper offices before it was converted into a bank.

FROM £250 per night

wamsterdam.com

5.CHECK IN: Bel and Dragon at The Swan, Hampshire

CHECK OUT: The action in the historic local village

The latest in the quickly expanding Bel & Dragon group, Bel & Dragon at The Swan can be found in the heart of the historic village of Kingsclere in Hampshire. This cosy country inn has nine en-suite bedrooms as well as an on-site restaurant with a menu using the best of the seasonable local produce available.

FROM £95 per night, breakfast included. belandthedragon.co.uk

Below: The W Hotel, Amsterdam is as chic and trendy as you'll find in the city



04

TAKE A TOUR**1.CHINA HIGHLIGHTS**

From 1st September, Travelsphere is offering an eight-day tour of China's highlights, including visits to Shanghai, Xian and Beijing.

Tour-goers will have the opportunity to see the Terracotta Army, the Forbidden City, Tiananmen Square and the Great Wall of China - among many other bucket-list sights. Prices include flights, accommodation, meals, and guides.

Prices start from £1399 per person. travelsphere.co.uk

2.US NATIONAL PARKS

Visit five of the USA's most impressive national parks with Archers Holidays this month. The sixteen-day 'Parks and Canyons Spectacular' tour starts in Denver and finishes in Las Vegas, with stops along the way including Rapid City in South Dakota, Mount Rushmore, Yellowstone National Park, Salt Lake City, and the Grand Canyon.

Tours leave from 3rd September and cost from £3237 per person. archersdirect.co.uk

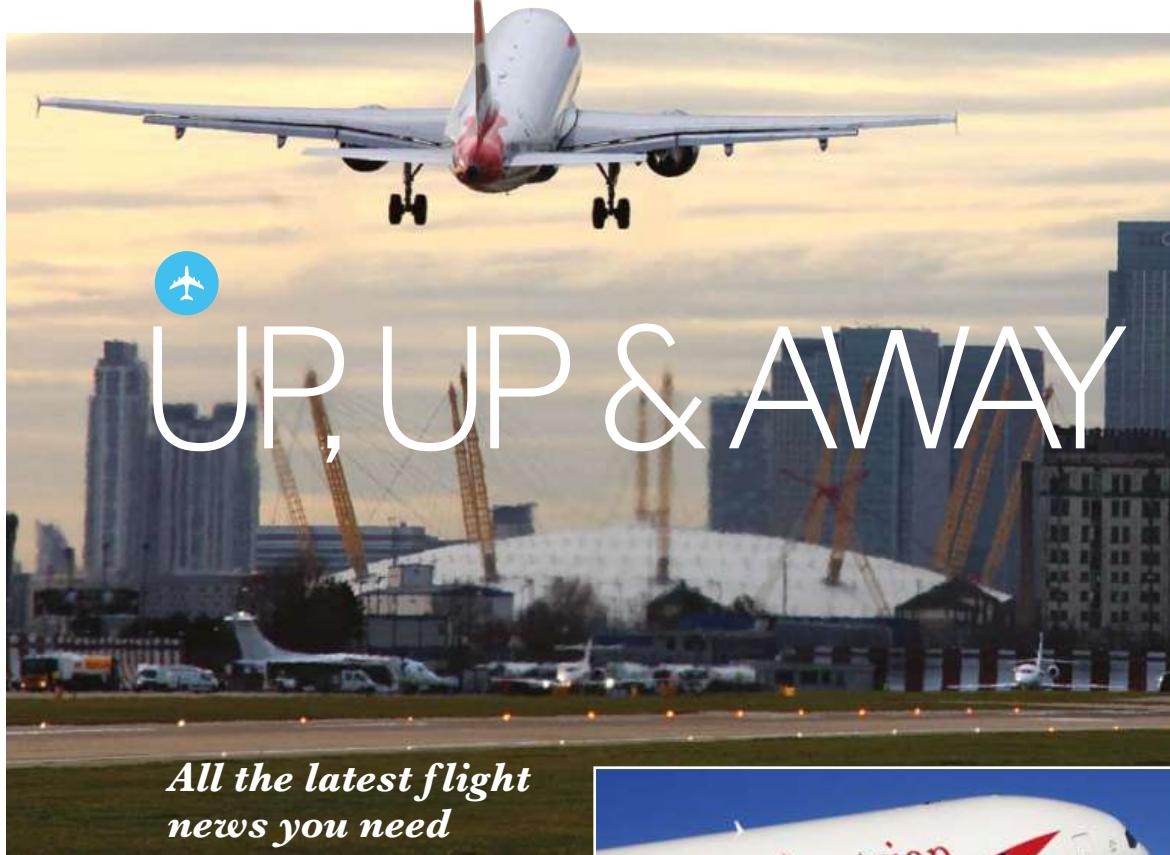


03

3.CRUISING SOUTHERN EUROPE

Experience the best of southern Europe with Silversea's eleven-day Civitavecchia tour. Beginning in Venice and ending in Rome, this luxurious cruise ship stops at some of Europe's most beautiful coastal cities.

From £3849 per person
iglucruise.com



All the latest flight news you need

Discounted London to Indonesia fares

Until 12th December, five-star airline Garuda Indonesia is offering discounted fares on flights from London's Gatwick airport to numerous Indonesian destinations including Bali, Lombok and Yogyakarta. Garuda Indonesia recently won 'The World's Best Cabin Staff' at the Skytrax World Airline Awards, and fares start from just £461 return to Jakarta, including taxes.

GARUDA-INDONESIA.COM

Easier-to-visit Vienna

From 10th September, Austrian Airlines will be flying from Manchester Airport to Vienna daily from £97. Additionally, from 17th September, British Airways will start flying to the Austrian city from Gatwick airport, with flights starting at £85 return – meaning there's no better time than September to visit the beautiful 'city of music'.

AUSTRIAN.COM

Tri-weekly Gatwick to Sharm El Sheikh

From 14th September, British Airways will fly up to thrice-weekly



from London's Gatwick airport to top holiday destination Sharm El Sheikh. With warm seas and year-round sunshine, visitors to Site Egypt's 'City of Peace' can snorkel, scuba dive, kite surf, visit the Sinai Mountains and discover the St. Catherine Monastery – a UNESCO World Heritage Site.

BRITISHAIRWAYS.COM

Vietnam Airlines' Dreamliners

From September, Vietnam Airlines will introduce Boeing 787 Dreamliners on five weekly flights from London Heathrow to Hanoi or Ho Chi Minh. Dreamliners fly further with better fuel efficiency, and passengers will benefit from lighter cabins, larger windows, higher humidity, cleaner air, and a quieter ride. As well as lie-flat beds in business class, there are plans to introduce wifi.

VIETNAMAIRLINES.COM

TOP 3 SAVVY TRAVEL TIPS

01 '100% GREEN' DINNERS AT THE SHANGRI-LA HOTEL, PARIS

From September, the Shangri-La Hotel in Paris will host a '100% Green' dinner every first Thursday of the month at the La Bauhinia restaurant. Executive Chef Christophe Moret, the grandson of a market gardener, will curate a five-course vegetable-focused menu, emphasising local and sustainable produce. Environmentally-friendly cocktails and wine will be chosen to match the meal.

shangri-la.com

02 LITERARY AWARD AT LA MAMOUNIA, MARRAKECH

On 19th September, Marrakech's La Mamounia will be hosting its annual Literary Award – a competition marking the luxury hotel's support of francophone Moroccan literature – for the sixth time. The winner receives a substantial cash prize. This year, notable novelist Douglas Kennedy has been confirmed as one of the leading jury panel members.

mamounia.com

03 HONEYMOON DEALS ELLERMAN HOUSE, CAPE TOWN

Until 15th December, Ellerman House is offering honeymooning couples either a twenty percent discount on their booking or a ten percent discount along with an hour-long couples' massage, sunset canapés, and a three-course meal with wine. You'll also get a tour of the neighbouring wine lands, with a romantic lunch.

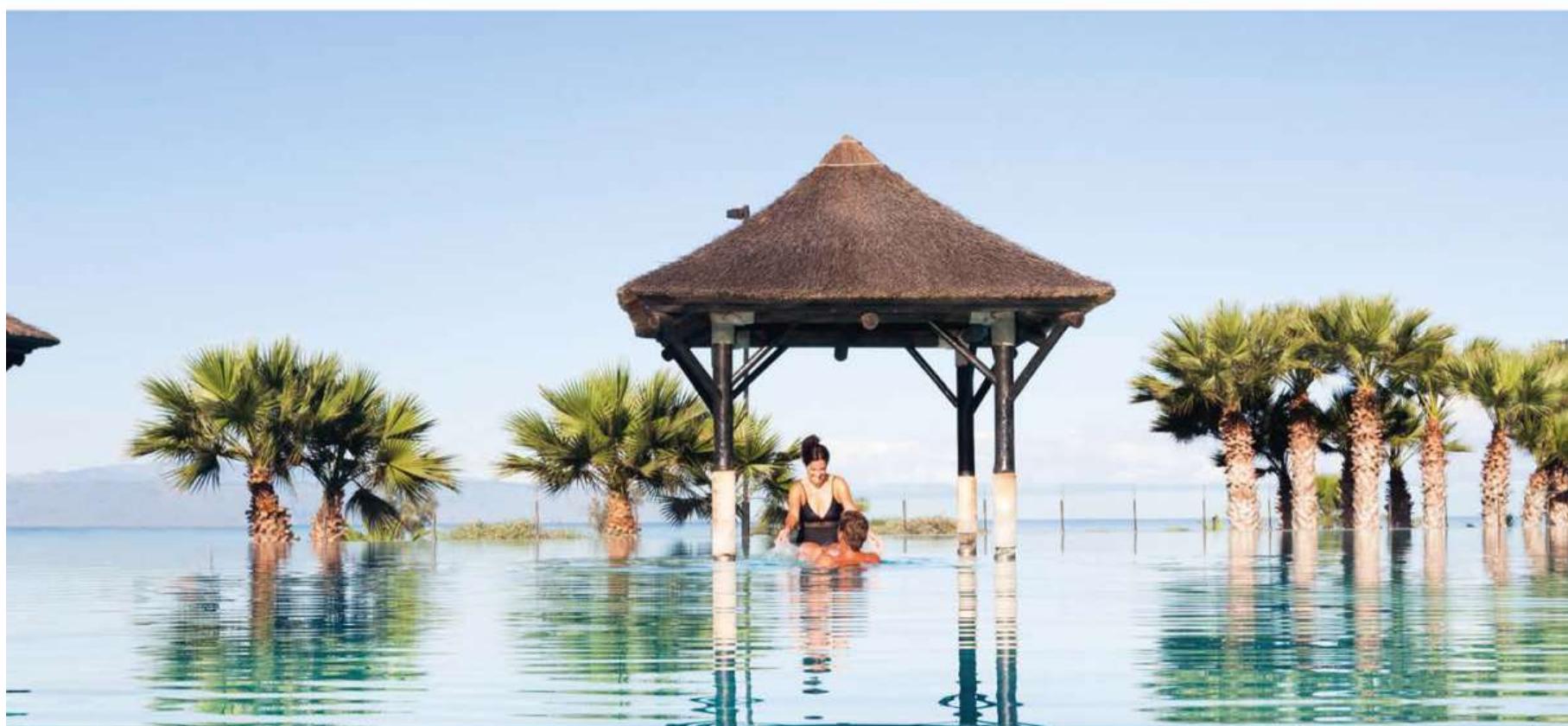
ellerman.co.za



03

Tenerife

Inspire your senses



Tenerife is a holiday destination offering hundreds of things. An average annual temperature of 23°C, with warm summers and mild winters, modern accommodation, endless activities and ideas, exquisite cuisine, traditions, culture, a safe environment and hospitality. What more do you need?

Just come ready to have the best time of your life.



TENERIFE
100% LIFE



Take flight

SAS to Longyearbyen



Longyearbyen is the largest settlement and admin centre of Svalbard, Norway



In a series highlighting our favourite airline routes around the world, we put SAS's flight from Oslo to Longyearbyen in the spotlight

Let's ignore for one moment the propensity for this flight to be horribly turbulent during winter. And let's also ignore the fact that it's a late one - my flight took off at 9pm and landed at ten past midnight. We should ignore these two things because this flight is truly special.

Taking off from Oslo in Norway, the flight skirts along the thickly-forested terrain outside Gardermoen airport, over deep blue lakes, and up into the clouds.

Flight time is around three hours. Passengers get a cup of hot tea and no entertainment, but that worked for me; giving me time to stretch out in a seat with amazing legroom and chat to the man next to me who had been flying for days. He'd come up from Bluefields in Nicaragua and had already travelled from there to Panama, to Paris, and then onto Oslo.

As he talked, his gold tooth glinted in the light - because it never got dark in the cabin. We flew north into the Arctic sunshine, where there wouldn't be another dawn or dusk until mid-September.

Ten minutes before landing, the flight became spectacular. The clouds hang low in Svalbard, even at

midnight, but when we ducked below them, it became clear that the plane was flying through a valley. The grey cliffs on either side were covered in snow, the sky was bright at five to midnight, and, below, the valley dropped into a fjord. We flew so low that I half-expected to see polar bears creeping along the valley.

The most delightful thing about flying in at midnight was the bright Arctic light, especially once the plane had dipped under the low clouds. There was a hush in the cabin as the plane's engines almost completely stopped as we dropped, descending incredibly sharply. But nobody cared - the view outside the window of the barren Arctic tundra was stunning and well-worth a heavy landing.

At the runway and before landing the pilot did a one hundred and eighty degree turn, giving passengers the chance to look back at the wonderous valley we had just flown down before we disembarked from what was the only plane in the entire airport.

For more on SAS's Oslo to Longyearbyen flight, visit flysas.com

A photograph of a dense orange grove. The foreground shows several orange trees with their branches heavily laden with ripe, yellow-orange fruit. Many fallen oranges are scattered across the dry, brown ground in front of the trees. In the background, more rows of trees stretch towards a hillside covered in green vegetation.

Local flavour

Call us fussy, but all our accommodation is meticulously hand-picked.
We select hoteliers and inn-keepers with a passion for hospitality,
good food, and a genuine love for their region.

Walk. Cycle. Discover more. On a *Slow Holiday* with Inntravel.

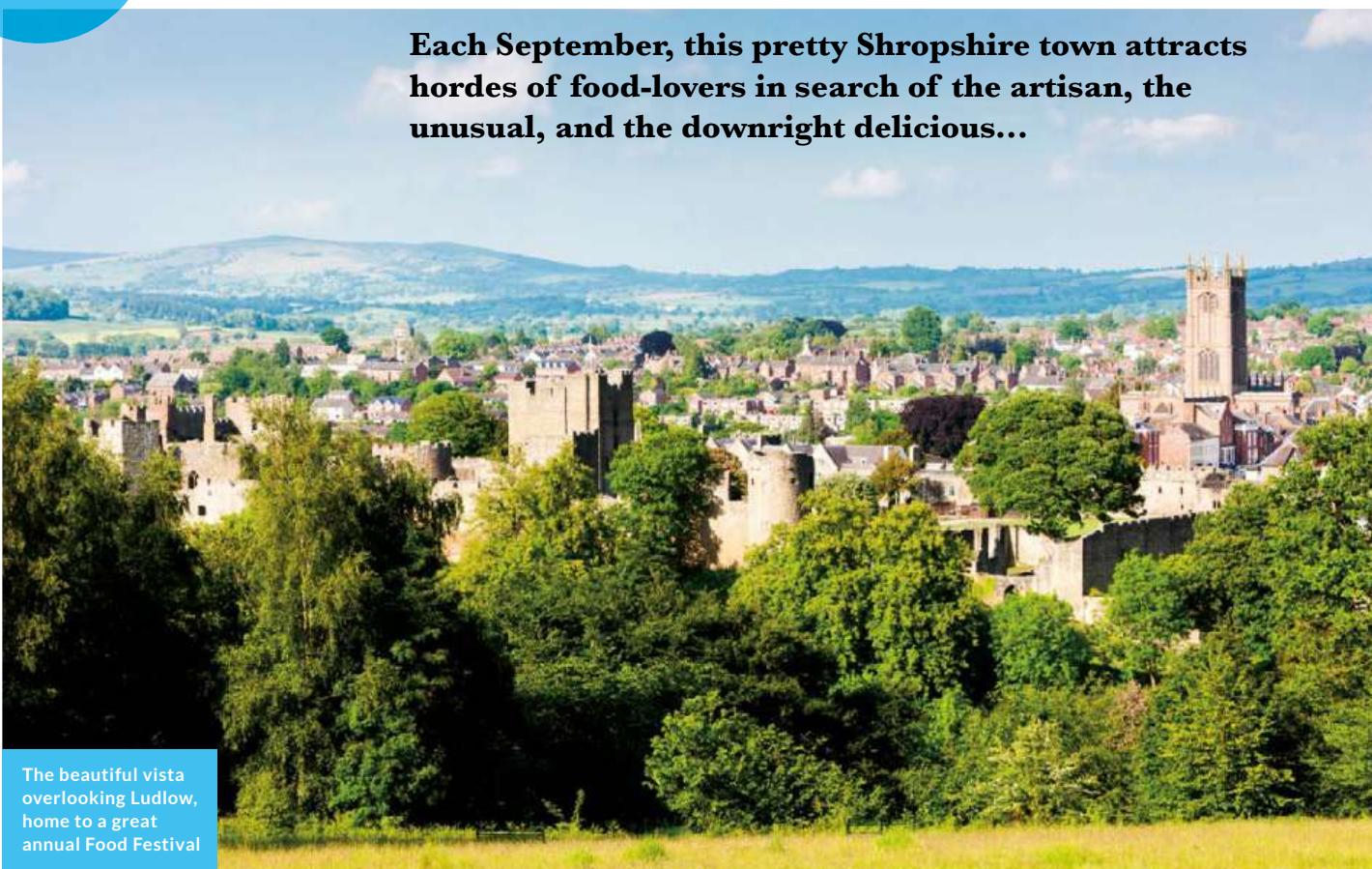
Inntravel.co.uk
The *Slow Holiday* people



Great
British
Event

Ludlow Food Festival

Each September, this pretty Shropshire town attracts hordes of food-lovers in search of the artisan, the unusual, and the downright delicious...



The beautiful vista overlooking Ludlow, home to a great annual Food Festival

What?

The Ludlow Food Festival is an annual occasion celebrating the best of the region's food production and the involved artisans. With almost two hundred stalls showcasing independent local produce, the festival also encompasses the Ludlow Sausage Trail, Ale Trail, and Festival Loaf Trail, as well as food demonstrations and pudding tastings.

When?

11-13th September 2015

Why?

Most of the exhibitors are independent small producers, and much of the merchandise seen at the festival can only be found here. New products and ideas are often showcased at Ludlow Food Festival in order to gauge customer reactions, so if you want to be at the forefront of cutting-edge local food trends, it's a great place to start.

What to do nearby

Ludlow Castle dominates this pretty Shropshire town. The castle was built around 1086 and has a dominant - and photogenic - situation, towering above the River Teme.

The Ludlow canal runs through picturesque countryside and it's possible to rent a narrowboat from Ludlow to chug up the river, a particularly lovely experience at this time of year. Surrounded by the Shropshire Hills Area of Outstanding Natural Beauty, there are a large number of hiking options available. Try an amble through Mortimer Forest or stretch your legs up to Whitcliffe Common for a panoramic view of Ludlow offering some great photo opportunities of Ludlow Castle.

Where to stay

The Old Downton Lodge in Ludlow has won numerous hospitality awards and offers beautifully-proportioned rooms with cossetting beds and beautiful views of the surrounding countryside. The building is packed with history - there are beams and quirky alcoves aplenty. Expect stunning vaulted beamed ceilings and roaring fires in stone fireplaces. Breakfast ascribes to the 'fresher is better' mantra, and will stock you up with enough energy to last you through the day.

olddowntonlodge.com

Ludlow Food Festival runs from 11-13th September
foodfestival.co.uk

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TM Fevertree Ltd. Fever-Tree was recently named tonic of choice by the majority of the world's top bars and restaurants interviewed. Leslie Henry Research June 2013.

The British art scene doesn't start and stop in London.
Eleanor Ross explores the UK's most eye-opening art galleries



Art
Attack

The best British galleries

01

1. THE HEPWORTH, WAKEFIELD

Featuring some of the UK's most notable British artists, the gallery features twentieth-century sculptors including Barbara Hepworth and Henry Moore. Artists including vorticist David Bomberg, Ben Nicholson and Roger Fry are present and Barbara Hepworth's British art scene-shaping 'Mother and Child' from 1934 is also on display.
hepworthwakefield.org

Images by Tom Arber, Huffen + Crow, Hayward Gallery, BALTIC

01

"Barbara Hepworth's British art scene-shaping piece is on show at The Hepworth"



2. WHITE CUBE GALLERY, BERMONDSEY

One of the world's leading galleries for contemporary art, the Bermondsey venue is the largest of all the White Cube galleries. Designed by London- and Berlin-based architects Casper Mueller Kneer, the building is spacious and well-lit, making it ideal for displaying the typically-striking contemporary pieces on show.

whitecube.com

An installation showcasing pieces from The Hepworth's Aegean Suite

4. HAYWARD GALLERY, SOUTHBANK CENTRE

Built by Higgs and Hill in 1968, The Hayward's architecture makes it one of the UK's most impressive examples of a Brutalist-style art gallery. Although the venue's focus now lies with exhibiting contemporary art, including works by Dan Flavin and Anthony Gormley, the gallery was previously home to works by Da Vinci and the Impressionists.

southbankcentre.co.uk

3. THE NEW ART GALLERY, WALSALL

Designed by architect Caruso St. John, The New Art Gallery is well-loved by RIBA, which describes it as 'almost flawless'. Clad in pale pink terracotta, the arresting, angular building has an onsite open-access Art Library and works on show by contemporary British Artists Sarah Staton, David Batchelor and Gavin Turk.

thenewartgallerywalsall.org.uk

04

The Southbank's Hayward Gallery is well-known for its contemporary art





The Baltic Centre displays some of the North East's best contemporary art

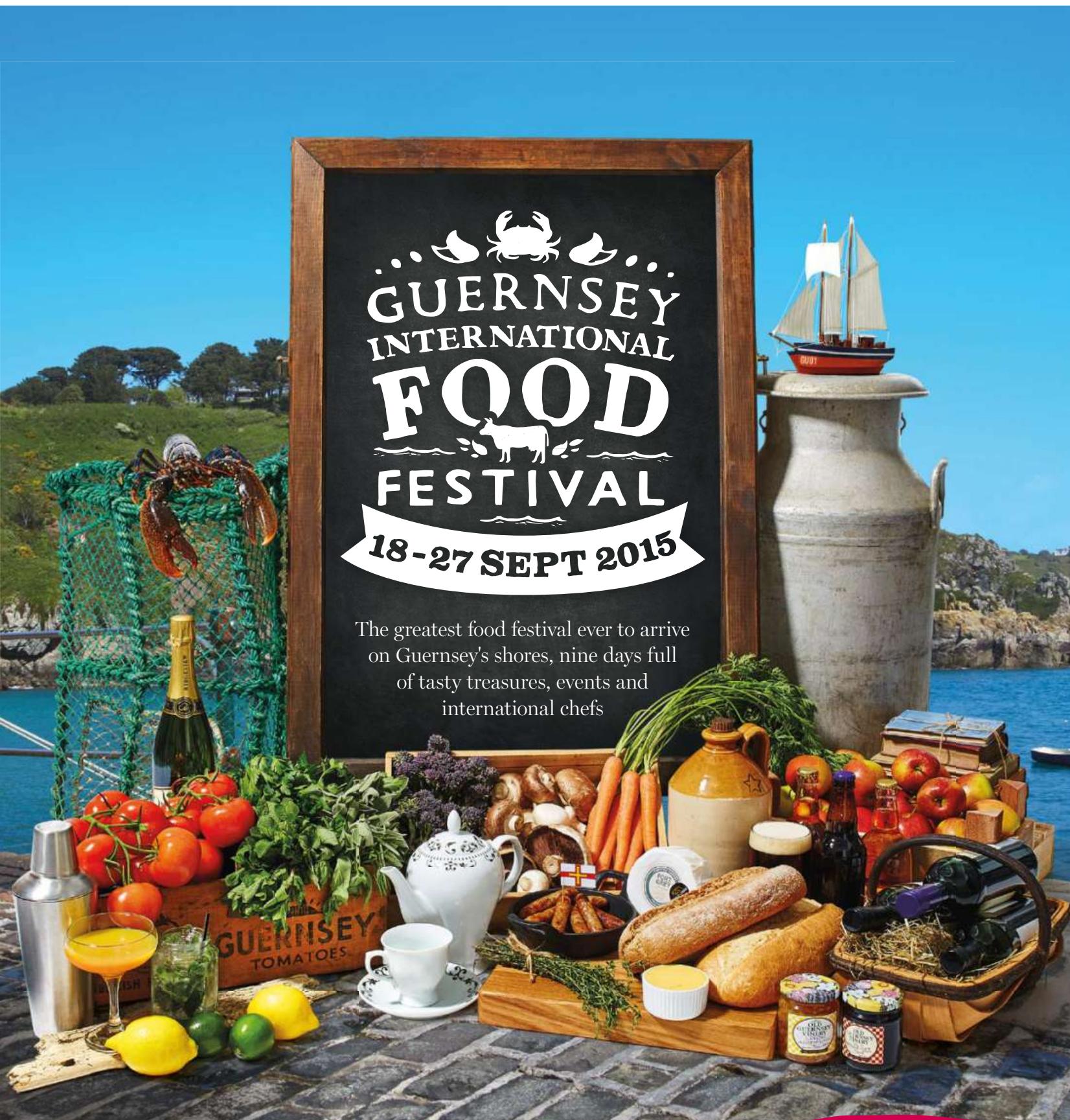
5. BALTIC CENTRE FOR CONTEMPORARY ART, GATESHEAD

This industrial-style gallery on the banks of the River Tyne in Gateshead is an architecturally-stunning venue where you'll find the North East's best selection of contemporary art. Showing until the end of August, Ida Ekblad's sculpture, constructed by the artist from found materials, is well worth making the trip.
balticmill.com

"Daily gallery tours at Tate St. Ives are a great way to deepen your appreciation of the artwork on display"

6. TATE ST. IVES, CORNWALL

In 1988 the architects Eldred Evans and David Shalev were selected to develop an art gallery in the seaside town of St. Ives which would echo the shape of a former gasworks that the gallery was built on. There's a good mix of modern art on display at this gallery - highlights include a Ben Nicholson walking tour and daily gallery tours at 11am.
tate.org.uk



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All hail Marseille

Traversing the medieval streets of this southern French city, Marcus Thompson discovers the local culture, a bar in a tree, and bouillabaisse milkshake

it's hard not fall in love with Marseille, a city skirted by rugged mountainside that feels as if it's being pushed into the ocean. An apt geographical landscape for a culture so strongly attached to the Mediterranean, its presence follows you everywhere.

Despite its visual beauty, France's second city hasn't always maintained the best reputation. Since becoming the 2013 European culture capital the city has campaigned to rebrand itself. First established in 600BC by the Greeks, Marseille is the oldest city in France - remains of the ancient Roman harbour of Massalia are still visible near today's old port. Today, it's a multicultural and diverse place.

My first stop was Saint Cyr - Les Lecques, half-an-hour from Marseille in a region called the Var. It's the start of the French Riviera and one of the few beaches that offers large stretches of sand. I opted for a beach bed, and for 15€ I got it for the day. I fell asleep and the Mediterranean sun scorched my skin, like a genuine tourist. But the Saint Cyr offers more than a place to sleep - there's also kite-surfing for those with a penchant for the extreme, paddle boarding for those who like watersports but don't like to get wet, and windsurfing for those who prefer higher-octane activities.

As the sun eclipsed the horizon and my complexion began to blend with the scarlet skyline I moved

onwards and inland for a drink. I arrived at Le Bar dans les Arbres around 9.30pm. The name literally translates as 'bar in the trees', and for good reason. It is a bar in a tree, and an impressive one at that. Located in the property of Cressaud's Castle (chateaudescreissauds.com) in Aubagne, a small town next to Marseille, Le Bar dans les Arbres serves high-end cocktails to a hip Marseille crowd. As stalwarts of the mixology movement, the bar staff and the menu insist on unique ingredients for bespoke cocktails.

The next morning I was greeted with typical Marseille weather - hot with endless blue skies. The temperature hovered around twenty seven degrees. I boarded a

ferry to the Frioul archipelago, a group of four islands located three miles off the coast of mainland Marseille.

The Chateau d'If is one of the four islands and the setting for Alex Dumas' classic tale, *The Count of Monte Cristo*. For 15€ the boat took us there, to its neighbouring islands, and back home again. I chose to beach myself at Ratonneau Island, a former leper colony and the location of St Estève, a perfect uncrowded Mediterranean beach with stunning views of the city. The snorkelling is majestic, and schools of fish can be seen in the crystal waters along with plates and other domestic wares abandoned by the lepers living in the quarters many years ago.

"Marseille is typically hot, with endless blue skies"

Much like London and New York, Marseille has its very own hipster district



BEST OF THE REST MARSEILLE BY THE GLASS

LA BAR DE LA MARINE
bardelamarine-marseille.com
Provencal dishes with a wide choice of local wines

LA PART DES ANGES
lapartdesanges.com
Wine shop and bar run by oenophiles who help you peruse their vast selection

LA CARAVELLE
lacaravelle-marseille.com
The place to grab a glass of chilled white wine and catch a sunset

LE MARENGO
facebook.com/bar.marengo
Head here to share an authentic glass of bubbly with the locals



After the boat returned me to port I headed to my accommodation, Mama Shelter (mamashelter.com). The hotel, designed by world famous architect Philippe Starck, is located in the Marseille's trendy La Plaine area - the hipster district; full of art galleries and quirky cafés. The hotel aims to capture 'the essence of fun', and achieves this with its unorthodox layout. Each room has a Macbook which doubles as a television and gives guests the opportunity to take selfies that are latterly published in a slideshow in the lobby. What you choose to publish seems initially up to you. There are masks for those who prefer to keep some parts of themselves concealed.

After breakfast at Mama Shelter, I checked into the Intercontinental in Le Panier, the city's oldest district. This multicultural district is typical of Marseille. Small apartments line small streets, and washing hangs from windows as it has done for hundreds of years. Both the area and setting for the hotel are sublime.

If you plan on visiting Marseille to experience the luxury French Mediterranean food and hospitality, it would be remiss to not check in at the InterContinental Marseille Hotel Dieu. The hotel was listed as a registered national monument and it's easy to see why, it's beautiful. From my balcony, the whole of Marseille opened up: Cathedral, Notre Dame de la Garde Basilique, La Major and Vieux Port, the most famous landmarks in Marseille, all visible from the pillows of my enormous bed, easily large enough for me and three others.

MARSEILLE'S BEST GALLERIES

1. BACKSIDE GALLERY

backsidegallery.com

A boundary-pushing gallery housed in a beautifully-renovated building

2. LA FRICHE

lafriche.org

Housed in an old tobacco factory; big and bold with an eye-catching installation

3. GALERIE DE PHAROS

lapeinture.com

Displays eclectic sculptures and installations near to Marseille's Old Port





Glad Eye

SERVES 1

Ingredients

- 30ml Pastis
- 15ml peppermint liqueur
- 1 sprig of fresh mint

Method

Stir the Pastis and peppermint liqueur together with ice, strain into a martini glass, and serve, garnished with a sprig of mint.



Navettes

MAKES 50-60 SMALL COOKIES

Ingredients

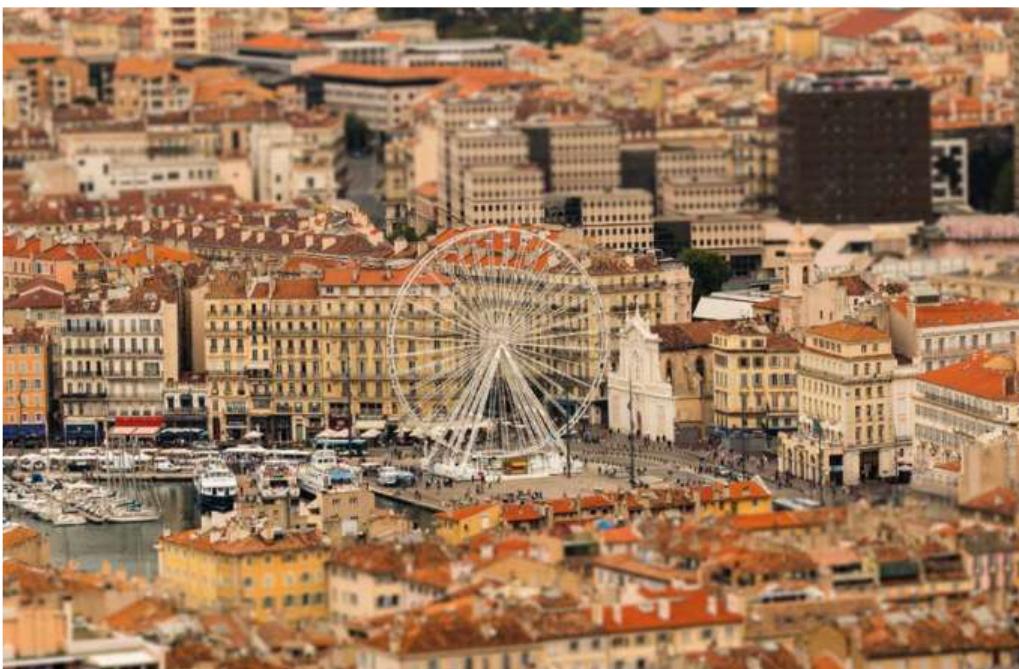
- 85g butter, softened
- 200g caster sugar
- 2 eggs
- 500g plain flour

Method

Preheat the oven to 200C. In a mixing bowl, cream together the butter and sugar to combine well, then crack in the eggs and beat hard.

Add the flour a little at a time to yield a dough, then use it to form 2-inch 'baguettes', pinching them in at the ends to produce the characteristic 'navette' shape.

Place on a greased baking tray and bake in the oven for 15 minutes. Allow the cookies to cool before eating - great served with an ice-cold glass of milk.



The terrace on the first floor shares these spectacular views and is also the location of the hotel's restaurant, Les Fenêtres (marseille.intercontinental.com). Les Fenêtres' menu, the work of lauded Chef Lionel Levy, showcases a modern Mediterranean culinary style featuring contemporary interpretations of local Marseille dishes. The 'bouillabaisse milkshake' is homage to a local and famous fish soup. The name should not deter you. This dish was quite amazing.

After the wine matching (and ending the meal appropriately with a French *aperitif*), I strolled across the terrace bar Le Capian (marseille.intercontinental.com) for a gin cocktail that's exclusive to the InterContinental Marseille; given that its creator is the man who served me. The drinks drew long into the evening. Marseille's slow, balmy evenings constantly beckon for just one more drink.

A long evening resulted in a long morning, and it wasn't until noon that I said farewell to the InterContinental and took my hire car to Cassis, a small beautifully French beachside town typical of the Provence region.

'Qu'a vist Paris, se noun a vist Cassis, pour dire: n'ai r  n visit.' Translation: 'He who has seen Paris but not Cassis can say, I haven't seen anything.' These words, spoken by Nobel-prize winning writer Federique Mistral, reflect the great attraction that Cassis exerts on all those who go there. And, to be fair to Mistral, the area is nothing short of stunning. Expensive yachts press against the harbour's bustling

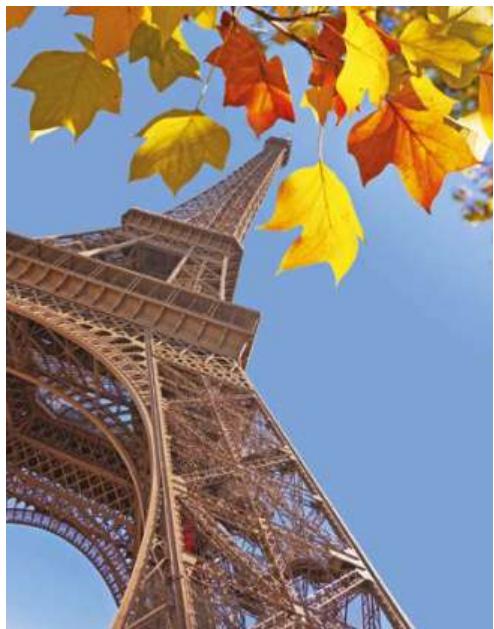
caf  s, beautiful French families play *p  tanque* and sip *pastis*. In the background a castle sits on a cliff. After a French hamburger, I boarded my boat for the world-famous

calanques - narrow, steep-walled limestone inlets that run between Marseille and Cassis. The calanques are the southern Mediterranean version of Norway's fjords. Found all along the Mediterranean coastline, they form part of a gorgeous self-guided boat trip. Simply steam up one of the inlets, drop anchor, and dive off the edge of the boat, resurfacing only for a glass or two of Champagne on board.

Rain is rare along the coastline, and September is a wonderful time for a visit to this beautiful part of the French Riviera.

Cassis is not dissimilar to Monaco - lined with expensive yachts and caf  s

"Marseille's balmy evenings always beckon for one more drink"



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EUROPEAN RAIL EXPERTS

Soaking up the rich artistic heritage of a place can take you closer to its soul and its cultural fabric, but long queues can often deter from visiting museums and galleries. Yet, with some advance planning, seeing Europe's treasures is surprisingly simple. If you're looking to add an artistic touch to your European itinerary, these are the galleries, museums and exhibitions to keep an eye out for...

1. Paris Contemporary Art Exhibition by Claude Lévéque

The Louvre is known for classical paintings and grand sculptures. For a sensory experience, visit French visual artist Claude Lévéque's contemporary exhibition that imaginatively reflects the importance of light and sound in art.

Where: The Louvre
Musée du Louvre, 75058
louvre.fr

When: Until 4th January 2016

2. Bordeaux Wine tour & tasting

When in Bordeaux, a wine tour is an absolute must. Housed in King Louis XV's Royal Wine Broker building, the Bordeaux Wine Museum conducts a historic and in-depth tour with two wine tastings for experts and beginners alike.

Where: The Wine Museum of Wine & Trade. 'Cellier des Chartrons', 41 Rue Borie, 33300 museeduvinbordeaux.com
When: All year, Mon - Sun, from 10am to 6pm

3. Milan Leonardo Da Vinci's Last Supper

The Last Supper has been through many attempts at preservation, and people continue to flock to witness its allure. Book in advance, or you could risk being deprived of the fifteen precious minutes you're permitted to spend with the artwork.



Get to the heart of Europe's art scene

Europe's art and culture is rated as the best in the world. As Safrina Nishad asks, what better way to explore it than by train?

Where: Santa Maria delle Grazie, Piazza di Santa Maria delle Grazie, 20123. tickitaly.com
When: Tues to Sun, 8.15am to 7pm

Da Vinci's Codice Atlantico

Codice Atlantico - meaning a heavy, bound book - showcases over a thousand of Da Vinci's works at the convent in Santa Maria delle Grazie and Biblioteca Ambrosiana; from fables to mechanics and philosophical meditation.

Where: Bramante Sacristy
Via Caradosso 1 20123
Pinacoteca Ambrosiana.
Piazza Pio XI 2 20123
leonardo-ambrosiana.it
When: Bramante Sacristy: daily, various times; Pinacoteca Ambrosiana: Tues to Sun

4. Amsterdam Painting at The Van Gogh Museum

For a hands-on art experience, Vincent Van Gogh's museum in Amsterdam offers free painting workshops to visitors with museum entrance tickets. Involving painting your own still life picture, the activities are suitable for all ages.

Where: Van Gogh Museum - Paulus Potterstraat 7 1071 CX. vangoghmuseum.nl
When: 26th & 27th Sept, 31st Oct & 1st Nov, 28th & 29th Nov 2015. Open daily, free admission between 1pm and 3.30pm

Asia > Amsterdam Exhibition

The Rijksmuseum's Asia > Amsterdam features one hundred and seventy treasures from India, Japan, China and Batavia, plus a collection of Asian artifacts shipped to Holland in the Golden Age. Expect ivory, silk, ebony, and silver.

Where: Rijksmuseum
Amsterdam, Philips Wing. Postbus 74888 1070 DN. rijksmuseum.nl
When: 17th Oct - 17th Jan 2016
Open daily from 9am to 5pm

5. Barcelona Picasso & The Reventós Exhibition

Celebrating a long friendship, this exhibition features a series of Picasso's portraits of the Reventós family, their illustrated letters, and a collection of Picasso's engravings; including the intricately-engraved literary works of Ramon Reventós.

Where: Museu Picasso - First floor, Finestres Palace. Carrer de Montcada, 15-23, 08003. bcn.cat
When: 1st Oct - 10th Jan 2016
Tues to Sun 9am to 7pm
(9.30pm Thurs)



For more travel information
Visit Voyages-sncf.com



Train travel lets you reach Europe's artiest cities swiftly and in style

Getting there

1. LONDON TO PARIS

Journey time: From 2 hours 16 minutes
Fares: From £72pp standard class return

2. LONDON TO PARIS - BORDEAUX

Journey time: From London 6 hours 47 minutes; From Paris 3 hours 19 minutes
Fares: London from £111pp; Paris from £31pp, standard class return

3. LONDON TO MILAN VIA PARIS

Journey time: From 10 hours 28 minutes
Fares: From £116pp standard class return

4. LONDON TO AMSTERDAM

Journey time: From 4 hours 38 minutes
Fares: From £116pp standard class return

5. LONDON TO BARCELONA

Journey time: From 10 hours 16 minutes
Fares: From £161pp standard class return

Visiting this luxurious family resort for food-loving skiers, Chloe Hay enjoyed a week of fine cuisine and even finer ski runs



Flims offers fine skiing for all the family - no matter what ages or ability

Images by Powder Byrne



Skiing in Flims



Travel & Culture



Skiing in Flims
is not just for
adults - kids can
develop skills on
the slopes



three very excited holiday-makers pulled up to Hotel Schweizerhof in central Flims in the Graubünden region and looked on in awe at the picturesque winter scene that awaited, eager to hit the slopes.

When I decided to take my five year-old nephew skiing for the first time, Switzerland was the natural choice - the country where I first took to the slopes as a child, and where I wanted him to have his first snow-filled fix. The canton of Graubünden is famed for its excellent skiing and gastronomy, and, after researching the most family-friendly resorts including St. Moritz, Klosters, and Davos, we opted for nearby Flims at the recommendation of colleagues and friends.

As our priorities were reliable childcare and great food, travelling with Powder Byrne was a no-brainer. At the airport, the company's meet-and-greet service did away with any stresses. Met by the wonderful Dan, our resort

manager, we were fast-tracked through the crowded building for our private transfer up to Flims. With champagne for the adults and snacks

**"The hotel's
fairytales
turret took the
whole group's
breath away"**

More great local Hotels

Casa Flumina
A unique luxury
chalet boasting 5
splendid roomy
apartments

Casa Fortuna
This well-appointed
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Hotel Adula
A hotel with 3
restaurants and a
luxurious 1,200m
spa facility

Waldhaus Flims
Set on a private
estate, with award-
winning restaurants
and gorgeous spa

for Oliver, all we had to do was sit in the car and wait with bated breath to see the resort.

As soon as we glimpsed the hotel's fairytale turret and a Swiss flag flying high, we knew we were in for a treat. After a quick, informative check-in, including the fastest ski and boot hire process ever, we ran up to our room and were rewarded with a stunning view of the very mountains that we would be tackling the next morning. Excitement made getting to sleep that night a challenge.

Unsure of our own teaching abilities and wanting to give my nephew the chance to make new friends, we'd booked Oliver into Powder Byrne's 'Yeti' ski programme, suitable for children aged between four and nine. Over the course of five days, the ski basics are taught by highly-trained instructors with one of the best child-to-adult ratios anywhere in the Alps.

After Oliver's first day of ski school and our first day getting re-adjusted to life on the slopes, we enjoyed a feast of local delicacies in Nooba restaurant (nooba.ch). Although in the neighbouring village of Laax, just a short trip in the Powder Byrne shuttle, it was recommended to us by our driver who had heard that I loved pan-Asian food. I was not disappointed and, throughout the meal, Oliver talked non-stop about his first glorious day, blowing away any concerns we had about enrolling him on a children's ski programme where he wouldn't know anyone.





Indulging in hearty dishes at local restaurants is a fine way to refuel post-ski



Feeling refreshed after a good night's sleep and an early-morning hot stone massage, we took advantage of Powder Byrne's skiguiding service to complete the popular twelve-kilometre run from La Siala back to Flims, passing through Grauberg en route. Much lengthier than our typical runs, under Dan's expert guidance, it was one of my favourite experiences of the trip. Long-distance skiing proved both captivating and tranquil.

On the fifth and final day of Oliver's ski programme, he chose to spend time with his new friends. We used the child-free afternoon to check out some of Flims's most romantic spots, then, donning our finest attire, visited the renowned La Vacca restaurant for lunch.

In the months leading up to this trip, we'd lost count of how many people, websites, and travel forums had informed us that no trip to Flims is complete without dining at this well-reviewed mountain teepee restaurant. We pushed aside the curtain door and entered with very high expectations.

A real fire in the centre of the restaurant radiated a glorious warmth around the teepee and, as we nestled down into our fur-clad seats, our eyes darting between all of the delicious-looking dishes around us, there was no doubt in our minds that those expectations were about to be exceeded.

"Long-distance skiing proved captivating and tranquil"

The need-to-know

We travelled with Powder Byrne to Flims
Price from £2,999 per adult for 7 nights over Feb half term, including return flights, luxury transfers and full Powder Byrne resort service 020 8246 5300. powderbyrne.com

FLIGHT TIME

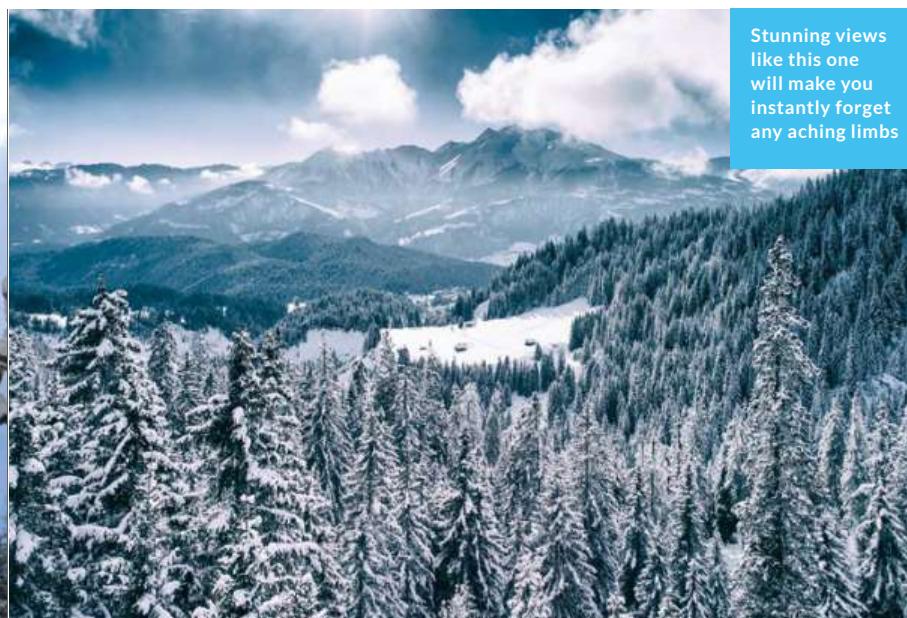
London Heathrow to Zurich: 1 hour 30 minutes

TRANSFER TIME

Zurich to Flims: 1 hour 30 minutes

Along with a beautiful rump of lamb and a rib-eye steak, we enjoyed baked potatoes, freshly baked garlic bread, and exquisite local red wine. The feast was carb-heavy - just the thing to help us refuel after a day on the slopes.

Our final morning in Flims saw us adults still pumped from the previous evening's supper and Oliver raving about the previous day's fun. We left the skiing for the afternoon, and spent the morning sledgeing. The morning flew by in a flurry of snow and laughter. At midday, the three of us made our way up a blue run together for the first time, so that Oliver could show us just how able a skier he had become after completing his five-day programme. And, just like yesterday's restaurant, he completely exceeded our expectations.



Stunning views like this one will make you instantly forget any aching limbs



Niklas Eksdett



FIRE, FIKA &
FISH APRONS
**MEETING
SWEDEN'S
MOST
CELEBRATED
CHEFS**



Images by Leila's General Store, Douglas Blyde, Mathias Nordgren

Douglas Blyde travels to Sweden to meet two of the country's best-known gastronomic personalities: lauded home cook and cookshop owner Leila Lindholm, and flame-master Niklas Eksdedt



Niklas Eksdedt

Niklas Eksdedt's fire-led restaurant feels an odd choice on Sweden's hottest day of the year so far. However, the hushed extraction system proves mighty effective at draining surplus heat from his four furnaces. I sit at table 101, close to the coalface, as chef calls out, in English, 'Service!' for my langoustine. Its flesh, steamed in its own now peeled-away charred exoskeleton, pops like a burst balloon on my palate, and is served with micro-planed asparagus and hard-dried scallop roethat's shaved like *bottarga*. The latter, I remark, is the colour of Swedish chef Leila Lindholm's bathroom wallpaper, which features exotic animals from Bengal tigers to a diplodocus. 'It's very different to my house,' says Eksdedt, with a smile. He sits down and tells me that he was first a customer at one of Lindholm's shops, before becoming her friend; now, they jointly present popular food-related podcasts, and have a mutual television project forthcoming.

Although a reservation at his restaurant is coveted, Eksdedt has a determinedly-casual vibe, its decor stripped to the bones. Explaining the colour scheme, as well as dining utensils themselves, Eksdedt tells me that his native northern Sweden, a seven-hour drive, is famous for copper. 'Can you believe people are skiing there now?' he says. Tableware is hand-crafted, tactile and precise, including a miniature font-like bowl. Eksdedt describes himself as an accidental restaurateur. 'My mum was a terrible cook; Dad did it all. When he travelled, my brothers and I took over.' When I ask him about why orders are called out in English, he looks a little sad. 'We have a Jamie's Italian here in Stockholm. I'm worried we could become entirely English like Copenhagen already has.' Finally I ask Eksdedt, who has known environmental extremes from birth, how he would define luxury. 'Time and details,' he says. Which is why Japanese and Swedes have a lot in common.'

Eksdedt: ekstedt.nu

SPIRIT MUSEUM

The tour of Stockholm's Spiritmuseum begins in a copper-clad foyer, representing distilling apparatus. Highlights include the Absolut vodka art collection begun by Andy Warhol, and a focus on the country's one hundred and fifty breweries (there were just nine in 1988). Also interesting is the examination of Sweden's whisky scene, developed in 1961 through the Skeppets brand. Although criticised for its overwhelming 'smokiness', rare examples today change hands for 30,000 Kroner (£2,300). 'If there was an earthquake, I'm going to drink it,' confides tasting room manager Nadja Karlsson of the museum's only bottle. The restaurant, guided by avant-garde Petter Nilsson, is arguably Stockholm's most desirable lunch spot. spiritmuseum.se



Leila Lindholm

With sun swallowed hungrily by its large, original, curtain-free rippled glass windows, Lindholm's white but warm kitchen feels like a set from one of her many books covering food and design. 'Celebrity is not the same as in the UK,' she says of the undressed windows. Through the open door, the mostly-edible garden nods to the organic farm which her mother now tends.

After coffee, Lindholm prepares lunch, I ask from where her impetus to cook arose. 'Most of my childhood memories focused on the kitchen,' she says. 'Then, as a teenager, I realised I could go to restaurant school.' After three years of practical study, Lindholm swapped the Swedish archipelago for another island: Manhattan, where she worked in leading Nordic restaurant, Aquavit. 'It was more common to see women in top US kitchens than Swedish ones,' she recalls. After two years, she returned to Stockholm, embarking on, tangentially, food styling.

However, most likely inspired by the profession of her journalist stepfather, it would be communication that would propel her to fame. 'I remember seeing chefs on television who simply wanted to prove themselves, concocting recipes to watch rather than do yourself, using hard-to-find ingredients. I decided to change that; to make food accessible.'

Lindholm's resulting morning television cookery show soon migrated to primetime. Then came the baking show. 'It was a big breakthrough; there hadn't been a bakery show before on Swedish television.' Lindholm was voted television chef of the year, and her book on baking became a best-seller.

What could Sweden teach the UK, I ask? 'Enjoy a *fika!*' she says, referencing the national need for repeated coffee and snack breaks. 'It's so important to Swedes that it is built into the working day; a way to socialise.'

Leila Lindholm: leila.se

Gripsholm Vardshus - Sweden's oldest inn

Reached by narrow-gauge steam railway, or, less romantically, road or rail, Gripsholm Vardshus is Sweden's oldest hostelry. It overlooks fourteenth-century Gripsholm Castle, home to the National Portrait Gallery. Charming idiosyncrasies at the hotel include two cabinets brimful

of the owner's antique corkscrew collection, and the wine cellar, with reasonable-value older bottles. Savour a platter of langoustines and oysters on the heated terrace, where staff lower the national flag promptly at 9pm.

Gripsholm Vardshus
gripsholms-vardshus.se



STARTER

01. Caviar with potato rösti

SERVES 4

Ingredients

- 500g potatoes, coarsely grated
- sea salt
- butter and olive oil, for shallow-frying
- 160g Kalix caviar (whitefish roe), sieved then formed into 4 quenelles
- 200g organic sour cream
- 2 red onions, finely chopped
- 1 lemon, cut into wedges
- a bunch of fresh dill, chopped
- freshly ground black pepper, to taste

Method

Sprinkle the grated potatoes with salt and squeeze out any excess liquid.

Melt butter for shallow-frying in a large frying pan set over medium heat, and drizzle with olive oil.

Spread mounds of the grated potatoes in the pan, compressing into thin pancakes. Fry on both sides until golden with crispy edges.

Serve with the quenelles of caviar, sour cream, red onion, lemon and dill, and a good grind of black pepper.

MAIN COURSE

02. Roasted lamb with roasted sweet potato & beluga lentil salad

SERVES 4

Ingredients

FOR THE SWEET POTATOES:

- 3 large sweet potatoes, skin on, washed and cut into large cubes
- 3 tbsp olive oil
- sea salt

FOR THE LAMB:

- 800g de-boned canon of lamb
- sea salt and freshly ground black pepper, to taste
- butter, for shallow-frying

FOR THE SALAD:

- 100g baby spinach
- 300g cooked black beluga lentils
- 200g Feta, crumbled
- 100g hazelnuts, roasted, peeled, and chopped
- sea salt and black pepper, to taste
- balsamic vinegar, for drizzling

Method

Preheat the oven to 225C.

Mix the sweet potato cubes with olive oil and sea salt, and cook in a roasting tin in the oven for 25-30 minutes.

Season the lamb, heat a little butter in a pan set over medium-high heat, and seal the meat on both sides.

10 minutes before the sweet potato is cooked, transfer the lamb to the oven and cook until it reads 62C when tested with a meat thermometer.

Remove the lamb from the oven and leave to rest for 5 minutes.

To serve, carve the rested lamb into ½cm-thick slices. Lay the spinach on a platter, and sprinkle with lentils, roasted sweet potatoes, Feta, and hazelnuts. Season, top with the sliced roasted lamb, and finish with a drizzle of balsamic vinegar.

DESSERT

03. Sponge cake with fromage blanc and berries

SERVES 4

Ingredients

FOR THE FROMAGE BLANC:

- 100ml whipping cream
- 200ml thick, full-fat Greek yogurt
- 2 tbsp icing sugar

FOR THE SPONGE CAKE:

- 3 organic eggs
- 250g granulated sugar
- 1 tsp vanilla sugar (or a drop of vanilla extract)
- 50g unsalted butter
- 100ml full-fat milk
- 320g plain flour
- 2 tsp baking powder
- a pinch of salt

TO SERVE:

- 400g mixed berries of your choice

Method

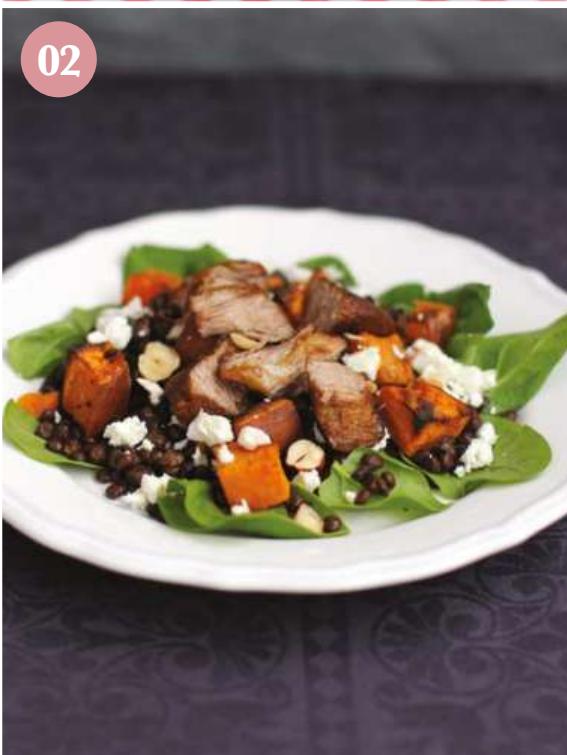
For the fromage blanc, whip the cream and fold in the yogurt and icing sugar.

Preheat the oven to 175C.

Grease and line a 24cm cake tin. In a large bowl, beat the eggs, granulated sugar, and vanilla sugar or extract until pale and fluffy. Melt the butter and mix with the milk, then add to the egg mixture, mixing to combine. Mix together the flour, baking powder and salt, and fold gently into the batter.

Bake the cake on the middle shelf of the oven for 25-30 minutes. Remove the sponge from the oven and allow to cool slightly. To serve, slice thickly and serve with the chilled fromage blanc and the berries.

All recipes courtesy of
Leila Lindholm leila.se

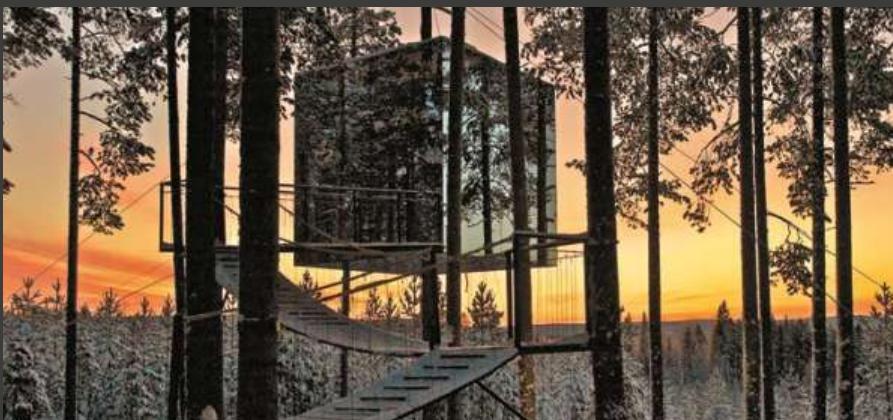


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Tel
Aviv

Bauhaus style in Israel's cultural capital

Ex-resident Uri Bram investigates the thriving street food scene in Tel Aviv, taking in some art along the way

Here's how to eat well in Tel Aviv: first, head off down a side street and look for a small-ish food stall that vaguely reminds you of the nineteen eighties. Don't get me wrong, Tel Aviv has its fair share of classy restaurants, from the excellent seafood places scattered along the coast - such as Manta Ray, on the promenade of Charles Clore Park - to French and Italian classics dotted all over town, including Uno, at 2 Weizmann Street. But the real Tel Aviv is about two key things: lazy hours in eccentric cafés, and eating every possible kind of street food.

Neta Sharir, who writes about the sociology of food, told me, 'Israeli cuisine is not particular foods, it's sitting down to eat together as a family.'

And the thing to know about Tel Aviv is that everyone is your family, whether you like it or not. When you approach a food stall, you'll be greeted with a look that says anything from, 'What are you doing here? Your mother and I haven't spoken in years' to, 'Where have you been? We missed you so much,' even though, either way, you've never seen the stall owner before in your life. No matter. Pull up a barstool or a cheap plastic garden chair and get settled in. That's just the way it's done.

Your first snack should certainly be *falafel*. The sandwiches you'll get in Tel Aviv, overflowing with salads and sauces and those deep-fried golden balls made with ground chickpeas, are a world away from the anaemic wraps you might have suffered elsewhere. As a general rule, if the salad in the cart out front looks outrageously fresh and appetising, then the falafel will be too. A survey of friends said that Falafel Yashka (105 Dizengoff Street), Falafel HaKosem (1 Shlomo ha-Melekh Street) and Falafel Ratzon (17 King George Street) each serve the best *falafel* in all of Israel. Go figure. The important thing, wherever you end up eating, is to loudly declare that it's the best *falafel* in all of Israel.

Having filled up on *falafel*, you may want to wait a few hours before trying a more unusual Israeli nibble: *sabich*, a meal of fried aubergine with slow-cooked brown eggs served in *pitta* bread and doused with a delicious orange



Tel Aviv is justly-famous as home of the best falafel found in Israel

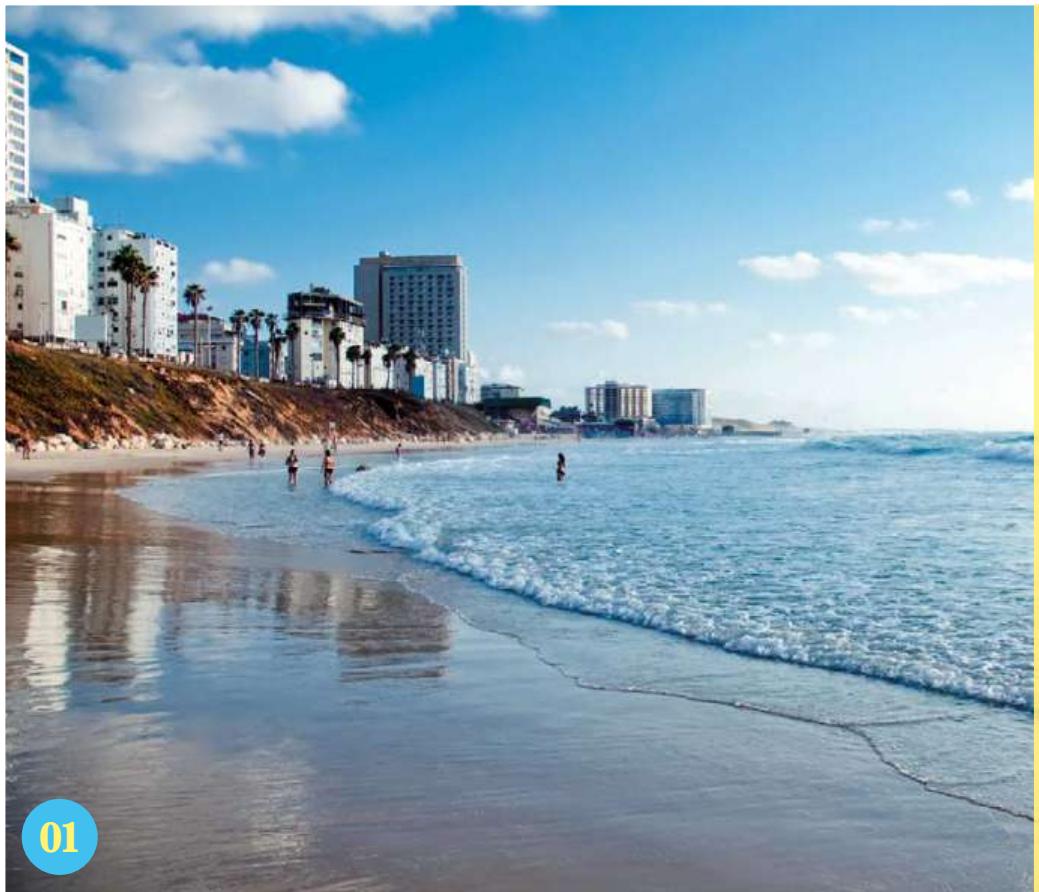
"If meteors started falling, Tel Aviv would keep drinking espresso"

sauce called *amba*, made of pickled mangos and liquified happiness (I have to assume). You need to get this one fresh and hot, from a busy place that makes nothing else, such as Sabich Hasharon (68 Nahalat Binyamin Street). There is nothing worse than a stale, re-heated *sabich*. The next morning, you'll certainly want to spend some time at one of the many cute cafés - try Nehama Vahtzi (144 Ahad HaAm Street), or Suzana (9 Shabazi Street) - that Tel

Avians are persistently-stereotyped by throughout the rest of Israel. Even if meteors started falling from the sky, Tel Aviv would just keep drinking its espresso. To turn a lazy coffee into a full-on brunch the right answer is always *shakshouka*, a Tunisian staple so simple and delicious that once you try it you'll never stop cooking it at home. Two eggs are poached in a thick tomato-based

sauce in a little iron skillet, then brought to the table with fresh bread and rich sesame-based *tahini* sauce for dipping. There is no feeling on earth like sitting outside on a breezy summer day and dipping fresh bread into runny yolk while watching the world go by.

As you sip on your cappuccino-like Israeli coffee (known as '*hafuch*', or 'upside down') at a street-side cafe - or on a wooden bench near one of the many coffee stands in the



MUST-TRY STREET EATS



1. BOUREKAS

Jahnun and *Malawach*: Different kinds of delicious, deep-fried pastries; topped or filled with ingredients like eggs, cheese, and spinach. Try Mama Bourekas at 16 King George Street.

2. SAMBUSAK

Resembling a *calzone* or Cornish pasty, these perfectly-spiced, filled pastry pockets are perfect food-on-the-move. Try the Abulafia chain of bakeries – there is one right by the beach at the corner of Yona Hanavi Street.

3. WATERMELON AND BULGARIT

A self-assembled snack, and the ultimate beach food. Buy some watermelon and squares of *bulgarit* white cheese at Carmel Market, or any good cornershop. The combination sounds strange at first, but the salty cheese perfectly complements the sweet fruit.



- 1. Beauty on the beach
- 2. Unique Bauhaus architecture
- 3. Tel Aviv lights up at night
- 4. Falafel wrap with pickle
- 5. Soak up local café culture





Warming, spiced lentil soup is a dish that's very popular



Shakshouka

SERVES 2

Ingredients

- 1 tbsp olive oil
- ½ tsp cumin seeds
- 2 cloves garlic, chopped
- 1 onion, chopped
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp chilli powder, or to taste
- 1 red or green pepper, cut into bite-sized chunks
- 400g tinned chopped tomatoes
- 50g frozen spinach
- salt, to taste
- 2 eggs

Method

Heat the oil in a medium saucepan set over medium heat, add the cumin seeds, garlic, and onions, and fry briefly. Add a dash of water and the ground spices, mixing into a paste over the heat.

Add the pepper, tomatoes, and spinach, season, cover the pan, and cook for 10 minutes until all the vegetables have softened. Form two holes in the mixture with the back of a spoon, crack an egg into each, cover the pan, and allow them to poach in the cooking juices.

Serve in the pan, with crusty French bread and plenty of cracked black pepper to taste.

Middle Eastern lentil soup

SERVES 4

Ingredients

- 1 tbsp oil
- 1 large onion, chopped
- 3 cloves of garlic, chopped
- 1 thumb-sized piece of ginger, grated
- 1 small chilli, finely chopped
- 2 tsp ground cumin
- 2 tsp ground turmeric
- 500g yellow lentils
- 1l vegetable or chicken stock
- 1 lemon, juice only

Method

Heat the oil in a large, deep saucepan set over medium heat, add the onion, garlic, ginger and chilli, and fry until soft.

Add all the remaining ingredients, cover, and cook for 45 minutes, adding more water if necessary. Check the seasoning and serve hot, with warm pitta bread on the side.



Tel Aviv boasts some impressive and rather distinctive 1920s architecture

grassy centre of the famous Rothschild Boulevard – you'll have an excellent view of Tel Aviv's distinctive architecture. Planned in the nineteen twenties by Scotsman Sir Patrick Geddes according to the 'garden city' philosophy that started in England a few decades previously, Tel Aviv is now famous as the ultimate exemplar of the Bauhaus architectural philosophy. The style is recognisable for its smooth, airy, unornamented look, which in Tel Aviv often means striking curved balconies stacked on top of one another. Despite largely being made of concrete, Bauhaus buildings often have a light feel, as if they could simply float away in a gentle breeze.

Michelle Holtz, who runs design space Madafim on 4 Rabbi Aha Street in Jaffa, told me how a talented group of architects and engineers emigrated to Israel from Germany in the nineteen twenties and thirties, for sadly

"Bauhaus building often feel as if they could float away in a gentle breeze"

necessary reasons, bringing with them the cutting-edge Bauhaus sensibility. 'They came with the idea that a house should be comfortable, a house should be clean, that

the space inside should serve the resident.' Since Tel Aviv was such a young city, founded only in 1911, in the sand dunes outside the old Arab port city of Jaffa, the architects could live out their fantasies of creating an aesthetically-coherent city from scratch.

Holtz's personal favourites, she tells me, are the buildings designed 'in the shape of a ship: the rounded corners like the side of a boat, or the pointed hulls where two streets meet.' These were built to symbolise 'arriving at a new period ... where ships brought merchandise and materials from one place to another, and all the world had become a village.' Every Saturday at 11am, there are fantastic, free city-run Bauhaus walking tours, starting at 46 Rothschild Boulevard - packed with fascinating stories about particular buildings and guaranteed to turn you into a life-long Bauhaus spotter.

As the sun sets over your stay in Tel Aviv – whether from a rumpled café or from a fold-up chair by the beach – you can't help marvelling at the city's unique style. Tel Aviv looks like a *film noir* heroine who has just run in from the rain, and shakes out her hair with a quiet, glowing smile. Just as sophisticated, and just as alluring.

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The Art of the Angels

LOS ANGELES

Eleanor Ross heads away from Hollywood to discover how the vibrant LA art scene offers visitors a real slice of culture

For the uninitiated, LA screams sprawl, heat, palm trees, traffic, and celebrity. To describe Los Angeles as subtle and modest is almost a contradiction in terms, but despite its superficial glitz - the gleaming Walk of Fame slabs and Hollywood Forever, the cemetery with more bling than Kanye West - this is a city that doesn't shout about its greatness.

'Everyone knows we have faults,' says my friend Joel who, true to the West Hollywood stereotype, is carrying a tiny dog. 'We're known as gas-guzzlers, water-guzzlers, celebrity-obsessed - but actually the food scene is incredible, and we have an arts scene that is, in my opinion, better than anywhere else in the US.'

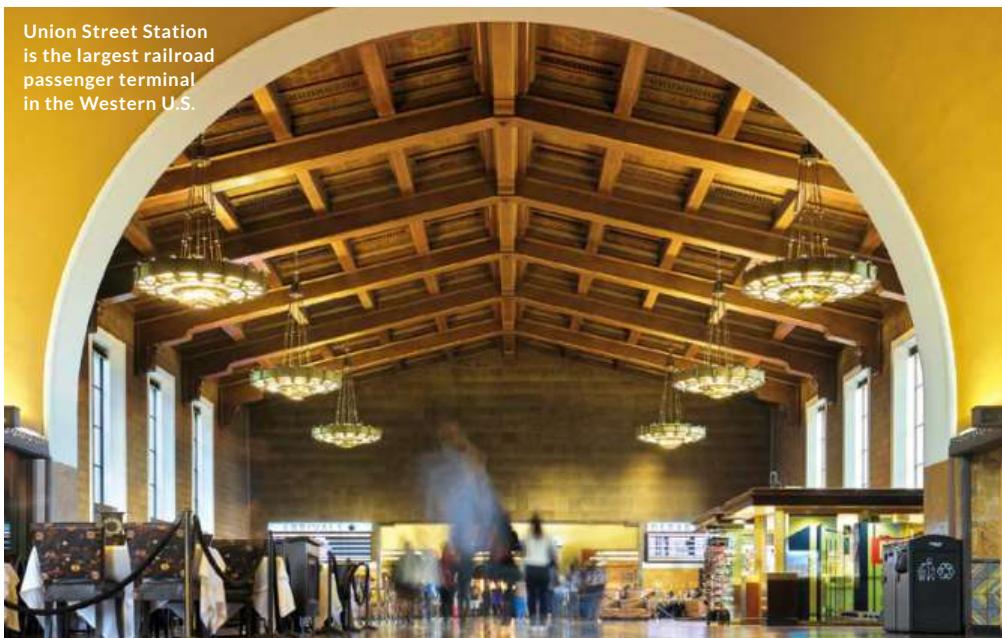
A bold claim, but Joel might not be too wide of the mark. Los Angeles has really evolved as a city.

'It's wrong to think of it as just one city,' says Joyce, who lives in Koreatown, which borders Silverlake - the hip area coveted by under-thirties. 'Like London, it's a warren of distinct neighbourhoods.' Although it can take forever to drive between areas and even longer on the bus, public transport is improving year-on-year.

But where to start? I'm here to explore how LA has exploded into an artistic and culinary destination - a city to rival both its northern neighbour San Francisco and arty Miami on the East coast. A quick glance down the events page of LA Weekly reveals an exciting and vibrant art scene - featuring innovative and daring exhibitions: Sarah Conaway's photographs at The Box and American Survey Part 1 at the Papillon Gallery.



Images by iStock, Good Things



'Start at The Geffen - part of the Museum of Modern and Contemporary Art,' says Joel, so I do. In a space similar to the Turbine Hall at the Tate Modern, there is a badminton-court-sized American flag flying, and dozens of empty bunk bed-like shelves. In the darkened room, a fan causes the flag to ripple. In a blog on MOCA's website, creator William Pope L. explains his motivation: 'This project is a chance for people to feel the flag. People need to feel their democracy, not just hear words about it....With *Trinket*, I am showing something that's always been true. The American flag is not a toy. It's not tame. It's bright, loud, bristling and alive.'

In a city as multicultural as LA, the choice of exhibit is especially interesting. On the way to the gallery, I pass through Japantown, Filipinotown and Koreatown, and the city is also home to a large number of Europeans, South Americans, and one of the largest Chinatowns in the States. It's a young city - proud of its American roots. This exhibition has come at the right time - when



"The Los Angeles food scene is incredible, and we have an arts culture that's better than anywhere else in the US"

more people than ever are doubting the direction of the American government and the entire concept of democracy.

In LA, creativity also finds its way into the food. Along with San Francisco, it's well-known for imaginative vegan cuisine, and I'm intrigued. It takes a lot of skill for a chef to get similar levels of spicing and texture into a meat-free meal.

Entering Mohawk Bend restaurant (*mohawk.la*) at 10am, I'm faced with an enormous bar. Immediately tempted by cocktails on offer at this converted picturehouse in Silverlake, I have to remind myself of the time of day. A perky waitress leads us to the back room, with its majestic fireplace and a forty-foot ceiling. The venue specialises in craft beer, but I'm here to sample the innovative and extensive vegan brunch options.

We order indulgent, melt-in-the-mouth 'Elvis' French toast with peanut butter syrup and a breakfast burrito with tofu scramble and caramelised onions. I lace the latter with hot sauce, and it's a multi-textured, spicy joy. I polish off the

meal with fresh pink grapefruit juice, fully-energised for a tour of LA's studio art scene this afternoon.

'High rents have pushed artists and creatives out of San Francisco and down to LA. Plus it's warmer here; working sculptor Tim Henson tells me when we meet at the Hammer museum's airy courtyard café. 'I've moved down the coast. I lived in Berkeley for a few years but it just got too expensive for me to create. I feel that LA is one of the hottest creative scenes in the US.' As we sit sipping the first non-cold brew coffee I've had in the States so far, he tells me about Gallery Row, a downtown initiative instigated by LA's council to regenerate an artistic environment in the city centre.

'Some of the galleries are doing really cool things,' says Henson. 'It's a great way to get the public reconnected with their city's art.' Visitors can sign up for a Gallery Row Art Walk which runs every second Thursday of the month. As I'll miss it,

WHERE TO SATE AN APPETITE FOR ART

1. APIARY GALLERY AT THE HIVE

thehivela.blogspot.co.uk



1.

2. BREWERY ARTWALK ASSOCIATION

breweryartwalk.com



3.

3. FOLD GALLERY

foldtla.com



7.

4. GALLERY ROW

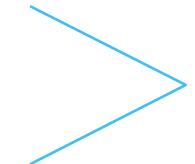
galleryrow.org



3.

5. LOS ANGELES ART GALLERY TOURS

losangelesartgallertours.com



6. THE BREWERY ARTIST'S LOFTS

thebreweryartistlofts.com

7. THE GEFFEN CONTEMPORARY

moca.org



"LA is diverse and very eclectic, so it's easy for artists to find their audience. A bigger emphasis on civic culture means there are more people around, more gallery openings, more spaces"



Food in LA often displays a tasty Mexican influence

GT
ALL COOKED &
PHOTOGRAPHED
By Good Things

Avocado orzo salad

SERVES 4

Ingredients

- 150g orzo pasta

FOR THE DRESSING:

- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1 lemon, juice only
- 1 tsp tahini
- salt and pepper, to taste

FOR THE SALAD:

- 100g shredded kale
- 1 red onion, finely sliced
- a handful of plump, purple olives
- 10 sweet cherry tomatoes, halved
- 2 ripe avocados, destoned and diced
- ½ a bulb of fennel, grated (optional)

Method

Bring a saucepan of water to the boil, add the orzo, and cook for about 10 minutes until it has a firm, chewy texture. Drain and allow to cool.

Meanwhile, for the dressing, whisk together the oil, vinegar, lemon, and tahini in a small bowl. Season to taste, and reserve until required.

When ready to eat, add the dressing to the greens and vegetables along with the chilled orzo, and mix well. Serve with a glass of crisp Californian white wine.

Recipe courtesy of flygreenvegan.com

California-style tacos

SERVES 4

Ingredients

- 8 corn tortillas
- 2 ripe avocados, mashed
- salt, to taste
- 1 small red onion, very finely chopped
- 3 tomatoes, deseeded and chopped
- 1 x 400g can black beans, drained and rinsed
- 2 handfuls of fresh coriander, finely chopped
- 1 lime, juice only
- 1 tbsp green Tabasco sauce, to drizzle

Method

Set a heavy-based frying pan over a medium-low heat and warm the tortillas for 30 seconds - 1 minute.

Mash the avocado and generously spread over the warm tortillas. Scatter with the vegetables, black beans, and coriander, finish with the lime juice and Tabasco, and serve immediately.



Henson agrees to take me to visit some of the galleries.

Kathryn Brehm, the Walk's executive director, tells me how popular it has become: 'Over the years it's grown to attract ten thousand visitors on each date. I think that's because it's a free self-guided tour and welcomes people of all diversities. The artworks vary in style and price, making it great for collectors or first-time art buyers.'

'Art and nostalgia shop' Fold Gallery is located in the Spring Arts Tower along with the Last Bookstore's Labyrinth. As LA's largest second-hand book and record store, the latter deserves special mention. Henson grabs my arm before I get lost there for the rest of the day, pulling me upstairs to Fold, where shelves tumble with interesting artistic pieces. This gallery is very much hidden away, and could remain so unless you knew where and what you were looking for.

Also on the art walk is Apiary gallery at The Hive - one of LA's most-buzzing art venues, located in a hair salon. Owned by Lissa and Charles Renn, it has locations in both Silverlake and Highland Park - LA's answer to London's now-gentrified Shoreditch and Dalston.

Carl Smith is the director of communications at Brewery Artwalk Association, an organisation that represents a collection of ex-industrial buildings that have been converted into approximately three hundred artist's lofts. Thirty years ago, the artists started opening their lofts to the public. During Art Walk weekend, the Brewery attracts up to ten thousand visitors. Smith says, 'LA is big, diverse, and very eclectic, so it's reasonably easy for an artist in any medium to find their audience. A bigger emphasis on civic culture means that there are more people around, more gallery openings, more spaces available at night, and lots of interesting things happening around the city.'

Los Angeles feels like a city that's grown into itself. It's large and sprawling, but its neighbourhood identities are strong and there's an enormous sense of community. Visitors should leave Hollywood Boulevard and turn their back on Santa Monica - at least for a short time. Instead, look towards the city's blossoming neighbourhoods - Silverlake, Koreatown, Filipino town, and even Downtown.

"Right now, LA is an exciting place to be"

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The image features a bottle of Buffalo Trace Kentucky Straight Bourbon Whiskey standing next to a lowball glass partially filled with whisky and ice. The bottle's label is clearly visible, showing a bison head and the brand name. The glass reflects the warm light of the whisky, creating a cozy atmosphere.

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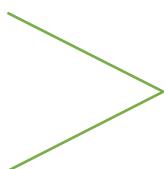
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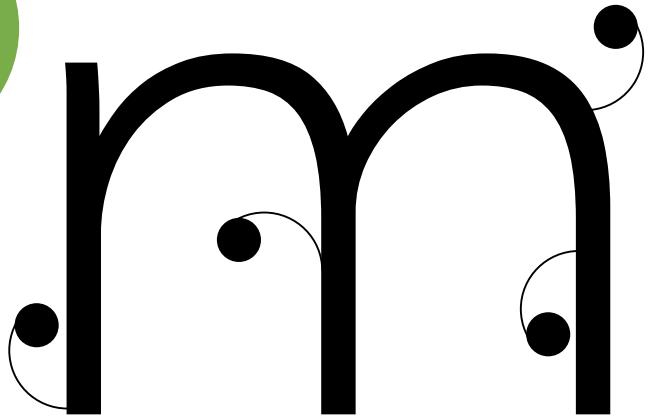
Real
taste
of
India

Capital Gains.

How Delhi got its groove on

India's capital is changing, and for the better. Finlay Middleton gets on his bike and pedals off to find out more





y friend Anya groans when she hears I'm going back to Delhi. She holds her stomach and rolls around on the sofa. 'I'm so jealous. You get to eat *chaat*. Proper *chaat*!' She clarifies, as if to put paid to the idea that any versions of the tangy, spicy snack-like dishes you get in London are vastly inferior to the Delhi originals.

I'm not going to apologise. I packed my bags weeks ago and have been on a juice diet for the last four days to empty my stomach in preparation for the glut of *bhajia* I'm about to devour.

I have three days to explore Delhi, and I'm determined to get to know it better than ever before. My schedule is packed: seeing a side to Delhi that doesn't involve street food, poverty, or administrative buildings is busy work.

Appraising Delhi with fresh eyes on a sedate bike tour around the historical part of the city should do the trick, I thought. Anyone who's ever been to Delhi will know how foolish the words 'bike' and 'tour' are in the same sentence. Delhi is a roaring, packed city, full of drivers taking shortcuts, scooters, lorries, and minibuses. It doesn't strike me as a particularly bike-friendly place, but I'm willing to be convinced.

Delhi by Cycle (delhibycycle.com) runs a tour called Shah Jahan, which explores Delhi's old city by bike. There's far less swerving than I expect, and the Indian man from Mumbai and the elderly Canadian couple touring with me are bubbling with excitement. We start early - at 6.30am - and weave in and out of the backstreets and alleyways, swerving to avoid a man selling tea.

'We're seeing parts of Delhi that even people from here haven't seen before,' my guide, who had been educated in Europe but now lives in the city, says over his shoulder. He points out a mural, then a beautiful wooden carving, then a

“Delhi is a city of contradictions, but it’s beautiful – constantly surpassing expectations and surprising visitors”



Delhi is a city with a bright future, its culture and commerce evolving

man crouched on his doorway moulding *chapattis* with his thumb. We park our bikes up at the old spice market and clamber to the top, where our guide points out the pigeons that fly around the building. Because we'd started early, the hot, sticky weather hasn't kicked in yet, which makes it far easier to inhale breakfast *rotis*.

That evening I visit the Red Fort, keen to see the slightly touristic-sounding light and sound show. It's an event that has been recommended to me by everyone I know who had been to Delhi, including the concierge, who assured me she didn't get tips by recommending people go and visit. 'Just go and embrace it, because the light enhances the colour of the stonework. It's quite magical.'

Like most events in India, the crowds are thick and the event is rammed, but I'm pleased to catch a glimpse of the illuminated Red Fort, its presence a strong reminder of the Mughal Emperors who ruled India with an iron fist.

I wake up starving the next morning, and locating delicious food to see me through the day is my priority.

Delhi is famous for great Indian finger food. Chandi Chowk is listed in every guidebook as being one of the best places to eat, and for good reason. Go off the beaten track by all means, but it's here that you're guaranteed to find some tasty - and safe- food options.

Top of my list is *chaat*, and I opt for *paapri chaat*: deep-fried crunchy savoury biscuits topped with chickpeas, tamarind chutney, and sweet yogurt. It's one of my favourite snacks of all time – and as a cold dish, it's one of the most refreshing snacks you can eat. A popular way to start the day is with a *paratha* - a layered flatbread so versatile it can be stuffed with anything from bananas to cabbage.

Back in London, Anya had booked me into a dance class in Delhi. 'It's just like Zumba,' she had said. 'You'll love it. It's perfect for people with stiff joints and who need to get themselves moving.'

Bollywood is just as popular as Hollywood in Delhi. Indians are justifiably proud of their billion-rupee movie industry. Movie stars like Salman Khan and Karan Johar are pin-ups for Indian teens and Bollywood 'song hits' soundtrack the city. Growing westernisation of food and the introduction of chains like KFC, Starbucks,



Staying safe with street food

- Visit stalls where lots of people are eating
- Don't eat food that has been pre-prepared
- Ask if vendors use bottled water in food prep
- Make sure meat is piping hot before eating

Real taste of India: Capital Gains – How Delhi got its groove on





Chicken ishtu

SERVES 6

Ingredients

- 1 large onion, finely chopped
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp turmeric
- 1 tsp ground cardamom
- 2 green chillies
- 6 cloves garlic
- 4cm piece fresh ginger, peeled and chopped
- 2 tbsp vegetable oil
- 1kg boneless chicken thighs, trimmed of excess fat
- 500ml chicken stock
- 20g tamarind pulp
- 1 tsp salt
- a handful of fresh coriander, chopped

Method

Grind together the spices, chillies, garlic, and ginger in a spice blender. Heat the oil in a deep saucpan set over medium-high heat, add the blended masala, and fry, stirring, until the raw smell dissipates.

Add the chicken to the pan and cook until golden-brown all over. Add the stock, tamarind, and salt, then cover, lower the heat, and cook for 20 minutes. Add the fresh coriander, stir, and serve immediately, with boiled white rice.



Nimbu pani – Indian lemonade

SERVES 4

Ingredients

- 2 large lemons, juice only
- 500ml water
- ¼ tsp ground black pepper
- 1 tsp chaat masala
- 2 tbsp powdered jaggery, or to taste
- ice cubes
- mint leaves, to garnish

Method

Combine the lemon juice and water in a jug. Add all of the spices, stir, and sweeten to taste with the powdered jaggery.

Stir well, and chill in the refrigerator until required.

Serve in glasses over plenty of ice, garnished with the mint leaves.

“Women are dressed in killer LBDs, and men sport open-collared shirts and suave black blazers. There’s a growing middle class here, and they want to flaunt what they’ve got”

and McDonalds means that middle class India is experiencing a surge of obesity and Type 2 diabetes. To combat this, one can partake in Bollywood dance fitness classes, held in painted rooms with strip lighting, or in purpose built air-conditioned dance studios.

My instructor, Joss, teaches four classes a week, and studies maths

at university for the rest of the time. He wanted to be a backing dancer in Bollywood movies for ten years, but now he'd settle for being an accountant. 'You make a good salary I think, and it's a more stable job.'

Wise words, I think, as he starts springing up and down on his Nike trainers. He looks like an American minor league basketball player - sports cap on backwards, baggy shorts and trainers swinging as he dances. There are about twenty others in the class - all women, most of whom are carrying a bit of extra weight. It's great fun, challenging, and after ten minutes, I'm spent. I wave myself out of the class and listen to the thudding music reverberate through the walls.

I came to Delhi this time to discover a different side, away from the palaces, the much-written about beggars, and pollution. I want to find out what the modern Delhiite drinks when not sipping *chai* by the gates of the Red Fort. Judging by the number of whisky and cocktail bars opening up in the city, swish, sophisticated bars are all the rage.

I make my way to the Taj Palace Hotel's Blue Bar, where the Cosmopolitan is ranked as one of the best cocktails in the city. Apparently half of Delhi also knows that and has turned out to sample it. Women dressed in killer LBDs and men sporting open-collared shirts and suave black blazers make up most of the crowd. There's a growing middle class here, making their money in media, IT, and banking, and they want to flaunt what they've got.

I order a G&T and am joined by a woman called Nadia who described her job as 'in sales.' She's vivacious, beautiful, and educated. She also wants to explain that India is changing in front of our very eyes. 'This is the new India. Look around you. We are happy, having fun, living!'

As I leave the bar that evening, I reflect on what Nadia had said. Delhi is a beautiful city that constantly surprises and surpasses visitor's expectations, but, like all metropolises, is plagued by a dichotomy of living conditions. I can't wait to see what the future holds for this chaotic city.



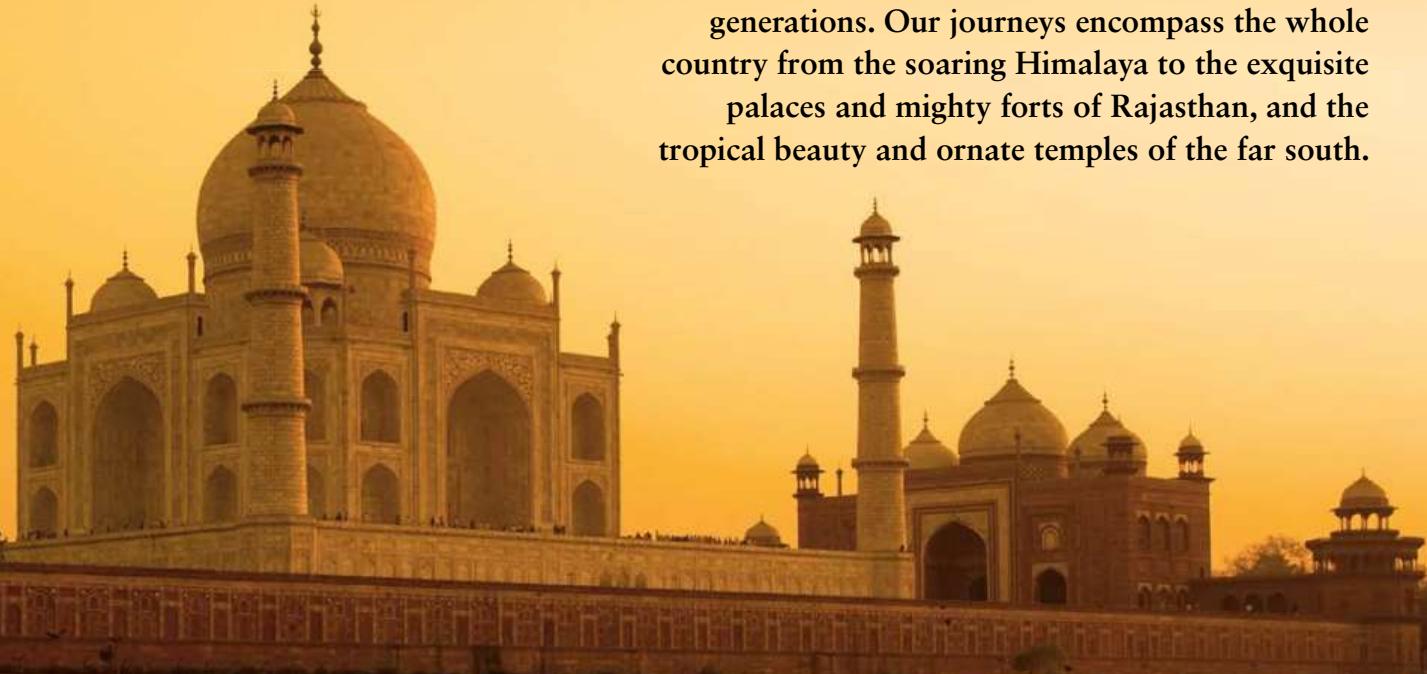
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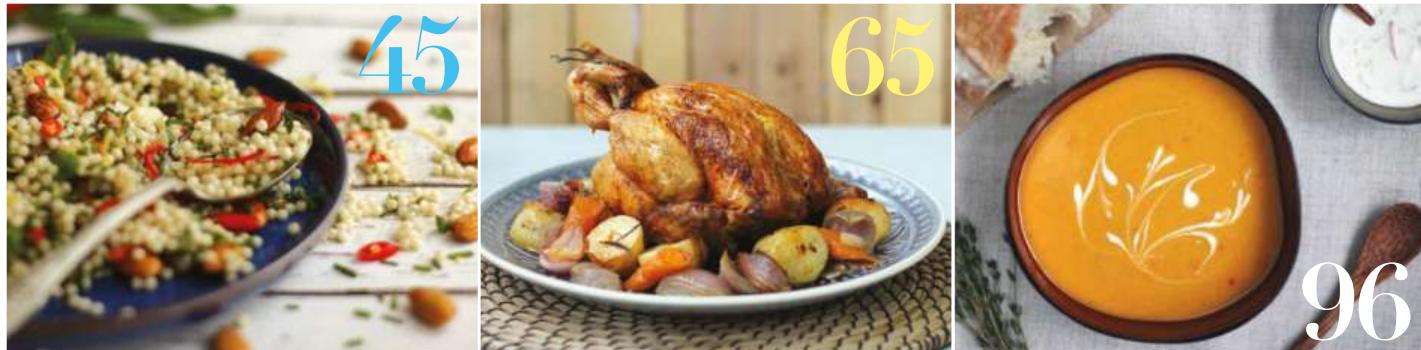


Travel with confidence



September

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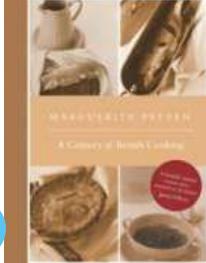
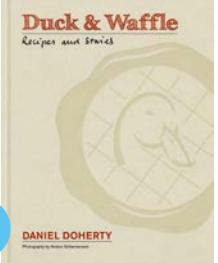
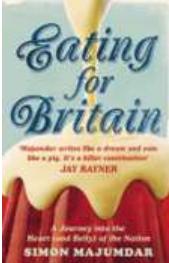
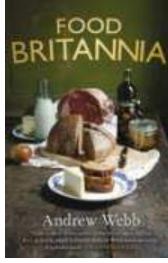
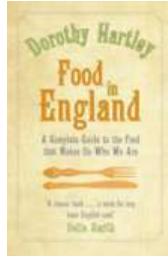
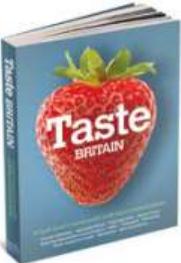
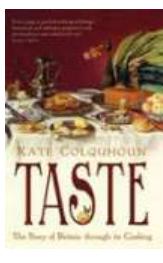
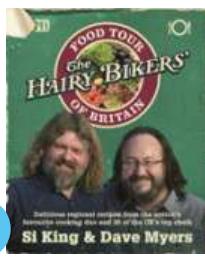
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The Good Things city guide: Bologna



Bologna is known as the culinary capital of Italy, famed for its invention of *ragù* and the countless restaurants that serve it. From pre-prandial nibbles to post-prandial perambulations, check out Good Things' favourite spots.

APERITIVO HOUR

Osteria marsalino

Bologna's bright young things flock to Osteria Marsalino in the centre of the city for both pre- and post-dinner drinks. Before supper, from 6-9pm, the tiny terrace is packed with people sipping ice-cold Alhambra or Aperol Spritzes accompanied by complimentary *bruschetta* and baskets of crisps cooked in rich olive oil. After hours, patrons return and retreat into the cavernous bar inside, manned by bearded lotharios in all-black: negroni is the drink-*du-notte*, served super-strong and blood-red. Sit by the bar for the best people-watching perch in the house.

Via Marsala, 13. marsalino.it

Osteria del Sole

Sidle past the scruffy shutters on a Monday when it's closed, and you'd assume that Osteria del Sole had shut up shop for good. Not so: this graffiti-embazoned *osteria* has been loved by locals for years, from writers to artists, and mathematicians to politicians. A similarly no-nonsense approach is taken to the menu: wine and beer are pretty much it, though you can BYO food, for which staff will kindly provide serving boards. Sit outside on the narrow Vicolo Ranocchi and watch the world go by with a selection of hams and cheeses from nearby delicatessen Tamburini, something of an institution in its own right.

Vicolo Ranocchi, 1D. osteriadelsole.it

Le Stanze

Found on the campus of the oldest university in the world, Le Stanze may be a student bar, but certainly not as you



know it. Housed inside what was once a sixteenth-century chapel and featuring provocative pastel *frescoes*, the interiors are as inspiring as the *aperitivo* which appears as a long bar laden with a beautiful buffet from 6-9pm. At around €9 apiece, cocktails aren't the cheapest in the city, but add on just €1 to that drink bill and you'll gain access to the best of the local larder - from *prosciutto* to pasta.

Via Borgo di San Pietro, 1 lestanzecafe.com

BECAUSE MAN CANNOT LIVE ON NEGRONIS ALONE

La Drogheria della Rossa

Well-deserving of its five stars for food as awarded by critic AA Gill, La Drogheria della Rossa is arguably the best restaurant in the city: with no menu nor prices, diners get what they are given, usually including prosecco on arrival followed by four fabulous courses and a *digestif* with the bottle left on the table. Expect to pay around €85 for two.

Via Cartoleria, 10. drogheriadellarosa.it



Teresina Ristorante

A temple to Bologna's famed fare, from *mortadella* to *tortelloni*, Teresina is a firm favourite with locals looking for simple, regional fare done well. Despite being tucked down a side-street, dotted as it is with al fresco tables, it is hugely popular so make sure you reserve: once a table is secured, try the *tortelloni* with ricotta and spinach or the tagliatelle *ragù* on the *à la carte*, or plump for the express lunch menu with all dishes priced at just €8.

Via Guglielmo Oberdan, 4. ristoranteteresinabologna.it



WALK OFF THAT FOOD BABY

Bologna is a walking city, so ditch the rental and hit the cobbled streets by foot and take in Le Due Torri ('the two towers') on twelfth-century Piazza di Porta Ravagnana.

Piazza di Porta Ravagnana, 40126 Bologna

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